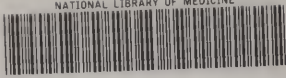


HALSEY'S
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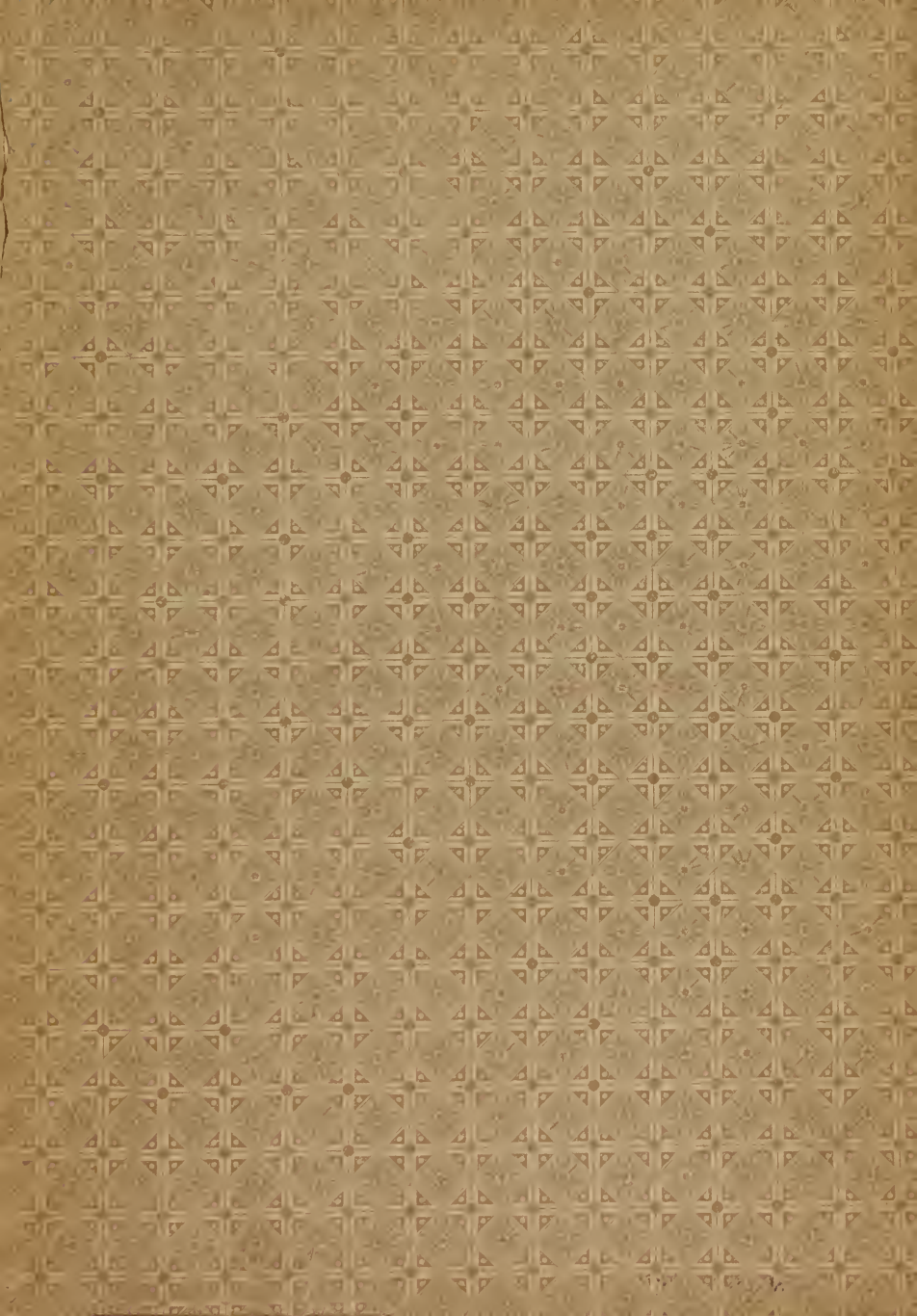
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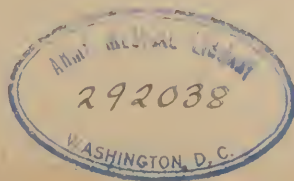
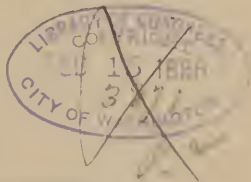
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HALSEY'S HOMŒOPATHIC GUIDE.

FOR FAMILIES, TRAVELERS, MISSIONARIES, PIONEERS, MINERS,
FARMERS, STOCK RAISERS, HORSE OWNERS, DOG
FANCIERS, POULTRY KEEPERS.

CHICAGO, U. S. A., 1885.

C. S. & GEO. E. HALSEY:
HOMŒOPATHIC CHEMISTS AND PHARMACISTS,
88 STATE STREET.



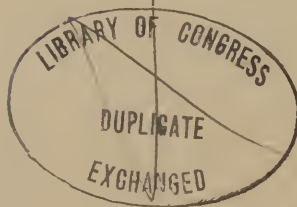
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PREFACE.

THE object of this book is twofold—*First*, to give in a condensed and convenient form answers to the “thousand and one” questions which are daily propounded to the physician by his patients, and to the pharmacist by those purchasing medicines and medical books; questions about *nursing*, about *diet*, *ventilation*, *homœopathy*; when to give the medicines, *how* to give them, “what to do if the children get the *measles*,” or the whooping-cough, or the scarlet fever; what to do in case of any of the petty ailments which hardly seem worth sending to the doctor about, and yet need to be cared for intelligently, in order to save discomfort or suffering; perhaps serious loss of time and money; possibly loss of health or of life itself.

Second, To furnish travelers or pioneers, or others who cannot conveniently consult a physician they have confidence in, with a simple yet *thoroughly reliable guide* in caring for the sick and in treating the more common diseases.

The authors and compilers of this book are not

physicians, but both of them having had valuable experience in medicine as prescription druggists, and afterward as homœopathic chemists and pharmacists, they have not only, for many years, enjoyed the acquaintance of many of the best physicians of both schools of medicine, and, to a certain extent, become familiar with their practice and writings, but they have also had constant opportunity to judge of the practical value of different prescriptions and different methods of treatment. Experience of this kind, extended through a period of nearly forty years, enables them to decide, with a good degree of success, what information the people want on these subjects, and to determine what is reliable and valuable in the instructions of different writers. They have been able, therefore, to select from a great mass of information on diseases and remedies that which is given here in a condensed form; thus saving the time and study of people busy in their various avocations, and laying before those who have not yet accumulated a library on these subjects, the pith and substance of the best that is written.

Besides our indebtedness to many professional friends for items embodied in this work, we must acknowledge our reference to different medical journals from time to time, to many professional text-books, and especially to a few of our best domes-

tic manuals, among which are: Dr. Shipman's *Homœopathic Guide*; Dr. Ruddock's *Stepping Stone* (American edition); Dr. Ruddock's *Vade Mecum*; Dr. Small's *Homœopathic Manual*; Dr. Johnson's *Family Guide*; Dr. Pulte's *Domestic Physician*; Dr. Douglas' *Practical Homœopathy*; and *The Lady's Manual*, by Drs. Ruddock and Ludlam.

P. S.—It will be noticed by the readers of the following pages that, in our recommendation of remedies for the cure of disease, we do not hesitate to mention especially those of our own manufacture, or those we are personally interested in.

If any apology is needed for this, it may be found in the fact that *our business* is the manufacture and sale of such goods, and that we depend upon it for a livelihood.

We are careful not to recommend any remedies, or any treatment, without *knowing* that we are right in so doing, and careful not to offer for sale any article of our own or other manufacture which cannot be relied upon.

While we are grateful to our patrons of the present day, and of the past thirty years, for the kind appreciation they have shown of our goods and publications, we cannot but feel a sort of pride—which indeed is the right of every honest tradesman—that in offering and exchanging our commodities for their money, the advantage of the exchange is not all on one side.

Our reputation as homœopathic pharmacutists and publishers is well known throughout the United States, and, to some extent, in other countries; so that, as a rule, one need not go far to ascertain that our publications and preparations can be depended upon.

C. S. & GEO. E. HALSEY,
88 State St., Chicago, U. S. A.

October 1, 1885.

HEALTH.

Health is the normal condition of the human organism, a condition in which all the vital forces work harmoniously to the perfection of all the processes of nature and the resistance of disease, with the result to the individual tenant of the human frame of perfect enjoyment of life.

Such perfection of functional action is exceedingly rare. The tendency to decay, and degeneracy, which seems inherent to all that is mortal, at length gains some advantage, over even the strongest, and finally becomes completely victorious; while the many are either weak and invalided from birth, or so poorly provided by constitution against disease that they fall an easy prey to its power.

Although the word health has rightly the signification of entire absence of disease, the variety of illustrations for this signification, of necessity leads us into the use of terms which indicate *comparatively* healthful conditions. We say, "in good health," "in poor health," "in tolerable health," etc. Now and then, perhaps, we have a quiet laugh over the statement of some person that he (or she) "enjoys poor health," coupled with the apparent fact that the

individual really does seem to "enjoy" the sympathy and condolences of friends on account of this peculiar source of happiness.

Loss of health—sickness—disease, *may* come by inheritance, by our own carelessness, or wilfulness, or, through the ignorance or the selfishness or wickedness of others; but in either or any case, *ignorance* of the laws of our being and concerning the necessary and legitimate consequences of our errors of living, have very much to do with these things.

It may be that in the pages of this book, hints and helps will be found which—if regarded—will bring greater enjoyment of health and a longer lease of life to many people.

And we trust also that the sick and suffering will also, in our pages, find helps to greater freedom from the power of disease.

(A few paragraphs from Sermons on Health, by John Brown, M. D., Edinburgh, are well worthy the attention of our readers. His thoughts are practical and homely, and likely to be generally useful):

"You see, my dear working friends, I am great upon sparing your strength and taking things cannily. "All very well," say you. "It is easy speaking and saying 'take it easy': but if the pot's on the fire it maun bile." It must, but you needn't poke up the fire forever; and you may now and then set the kettle on the hob and let it sing, instead of leaving it to burn its bottom out.

A man can *walk* farther and longer than he can *run*; and it is poor saving to get of breath. A man who lives to be seventy, and has ten children and (say) five and twenty grandchildren, is of more worth to the state than three men who die at thirty—it is to be hoped, unmarried.

For the brain—one thing of great consequence is *regular sleep and plenty of it*. Sleep is the food of the brain.

For the lungs—the great thing is plenty of fresh air, and plenty of room for them to play in.

For the stomach—plain food *well cooked*. Laboring men should have meat every day. Good broth is a capital dish. But, above all, keep whisky out of your stomach. It really plays the very devil when it gets in. It makes the brain mad; it burns the coats of the stomach; it turns the liver into a lump of rottenness; it softens and kills the heart; it makes a man an idiot and a brute.

Finally, see that you make yourself do what is immediately just to your body. Feed it when it is really hungry; let it sleep when *it*, not its master, desires sleep; make it happy, poor hard-working fellow! and give it a gambol when it wants it and deserves it; and let us keep *our hearts young*, and they will keep our legs and arms the same.

THE DOCTOR'S DUTIES TO YOU.

First, It is the duty of the doctor to *cure* you if he

can. Test a doctor by this: Is he in earnest? Does he speak little and know much? Does he make your case his first care? The doctor should, like the rest of us, stick to his trade and mind his business.

Secondly, It is the doctor's duty *to be kind* to you. I mean by this not only to speak kindly, but to *be* kind, which includes this and a great deal more, though a kind word, as well as "a merry heart, does good like a medicine." Cheerfulness, or rather cheeriness, is a great thing in a doctor.

Thirdly, It is his duty *to be true* to you—true in word and in deed.

Fourthly, It is his duty *to keep your secrets*. There are things a doctor comes to know and is told, which no one but he and the Judge of all should know.

Fifthly, It is his duty *to warn you* against what is injuring your health. The Chinese pay their doctor for keeping them *well*, and they stop his pay as soon as they are ill.

YOUR DUTIES TO THE DOCTOR.

First, It is your duty *to trust* the doctor.

Secondly, It is your duty *to obey* the doctor.

Thirdly, It is your duty *to speak the truth* to the doctor, the whole truth and nothing but the truth: and

Fourthly, It is your duty *to reward* the doctor. There are four ways of rewarding your doctor—

first, by giving him your money; the second is by giving him your gratitude; the third is by doing his bidding; and the fourth is by speaking well of him, giving him a good name, recommending him to others. Let the doctor and you be grateful and honest, kind and cordial—in one word, dutiful to each other, and you will each be the better for the other.

One person I would earnestly warn you against, and that is the *quack doctor*. If the real doctor is a sort of god of healing, or rather God's cobbler for the body, the quack is the devil for the body, or rather the devil's servant against the body, and, like his father he is a great liar and cheat. He offers you what he can not give. Whenever he offers you a medicine that cures everything, be sure it cures nothing; and remember, *it may kill*.

One word more: You should *call your doctor early*.

It saves time; it saves suffering; it saves trouble; it saves life! If you saw a fire beginning in your house, you would put it out as fast as you could. You might, perhaps, be able to blow out with your breath what in an hour the fire engine could make nothing of. So it is with disease: a dose of medicine—some simple thing—may put it out, when, if left alone, before night it may be raging hopelessly.

And let me end by asking you to call in the Great Physician—to call him instantly—to call him in time. There is not a moment to lose; he is waiting

to be called; he is standing at the door, but he must be called. He may be called too late."

NOTES ON NURSING.

BY FLORENCE NIGHTINGALE.

NURSING ought to signify the proper use of fresh air, light, warmth, cleanliness, quiet, and the proper selection and administration of diet, all at the least expense of vital power to the patient.

PURE AIR.—The very first canon of nursing—the first and last thing upon which a nurse's attention must be fixed—the first essential to a patient, without which I had almost said you may leave all the rest alone—is this: *to keep the air he breathes as pure as the external air*, without chilling him. Never be afraid of open windows. People don't catch cold in bed. This is a popular fallacy. With proper bedclothes and hot bottles, if necessary, you can always keep a patient warm in bed, and well ventilate him at the same time. To have the air within as pure as the air without, it is not necessary, as often as appears to be thought, to make it as cold.

Generally speaking, you may expect that weak patients will suffer cold much more in the morning than in the evening. The vital powers are much lower. If they are feverish at night, with burning

hands and feet, they are almost sure to be chilly and shivering in the morning.

Always air your room from the outside air if possible. Let no one ever depend upon fumigations, "disinfectants," and the like, for purifying the air. The offensive *thing*, not its smell, must be removed. Without cleanliness within and without your house, ventilation is comparatively useless.

LIGHT.—It is the unqualified result of all my experience with the sick that, second only to their need of fresh air, is their need of light—that after a close room, what hurts them most is a dark room; and that it is not only light they need, but direct sunlight they want. A dark house is always an unhealthy house—always an ill-aired house—always a dirty house. Want of light stops growth, and promotes scrofula, rickets, etc., among the children.

QUIET.—Whispered conversation in the same room is absolutely cruel, for it is impossible that the patient's attention should not be involuntarily strained to hear. Walking on tiptoe, doing anything in the room very slowly, are injurious for exactly the same reasons. A firm, light, quick step—a steady, quick hand, are the desiderata; not the slow, lingering, shuffling foot—the timid, uncertain touch. Slowness is not gentleness, though it is often mistaken for such. Quickness, lightness and gentleness are quite compatible. Unnecessary (although slight) noise

injures a sick person much more than necessary noise (of a much greater amount).

EFFECT OF EXCITEMENT.—It is of the highest folly to judge of the sick, as is so often done, when you see them merely during a period of excitement. People have very often died of that, which it has been proclaimed at the time, “has done them no harm.”

FOOD.—To the large majority of very weak patients it is quite impossible to take any solid food before 11 A. M., nor then if their strength is still further exhausted by fasting till that hour. For weak patients have generally feverish nights, and, in the morning, dry mouths; and if they could eat with those dry mouths it would be worse for them. A spoonful of beef tea every hour will give them the requisite nourishment, and prevent them from being too much exhausted to take at a later hour the solid food which is necessary for their recovery.

Let the food come at the right time, and be taken away, eaten or uneaten, at the right time; but never let a patient have “something standing” by him, if you don’t wish to disgust him of everything.

The nutritious power of milk, and of the preparations from milk, is very much undervalued. There is nearly as much nourishment in half a pint of milk as in a quarter of a pound of meat. But this is not the whole question, nor nearly the whole, as to the kind of food. The main question is, What can the

patient's stomach assimilate or derive nourishment from? and of this the patient's stomach is the sole judge. Chemistry cannot tell this. The patient's stomach must be its own judge. The diet which will keep the healthy man healthy will kill the sick one.

DRINK.—A great deal too much against tea is said by some wise people; and a great deal too much tea is given to the sick by foolish people. A little tea or coffee restores them quite as much as a great deal, and a great deal of tea, and especially of coffee, impairs the little power of digestion they have.

QUANTITY.—An almost universal error among nurses is in the bulk of food, and especially of drink, they offer to their patients.

CLEANLINESS.—Care should be taken in all the operations of sponging, washing and cleansing the skin, not to expose too great a surface at once, so as to check perspiration.

Every nurse ought to be careful to wash her hands very frequently. If her face too, so much the better.

THE NURSE.

BY GEORGE MACDONALD, LL.D.

One of the most important qualifications of a sick-nurse is a ready smile. A long-faced nurse in a sick-room is a visible embodiment and presence of the disease against which the eager life of the patient

is fighting in agony. Such ought to be banished with their black dresses and their mourning-shop looks from every sick-chamber, and permitted to minister only to the dead, who do not mind looks. With what a power of life does a woman—young or old, I do not care—with a face of the morning, a dress like the spring, a bunch of wild flowers in her hand, with the dew upon them (and perhaps in her eyes, too—I don't object to that—that is sympathy, not the worship of darkness)—with what a message from nature and life does she, looking death in the face with a smile, dawn upon the vision of the invalid! She brings a little health, a little strength to fight, a little hope to endure, actually lapped in the folds of her gracious garments. For the soul itself can do more than any medicine, if it be fed with the truth of life.

One secret of good nursing is not to be too officious. "Doctor," said a kind-hearted old nurse, "is it possible for me to do anything more to make this poor patient comfortable?" "Certainly it is," he replied; "sit down and keep quiet."

D I E T.

GENERAL RULES.

The best general rule in regard to the *diet of the sick* is to avoid all kinds of food not easily digested, and whatever, from its nature or from high seasoning, is particularly stimulating, heating or exciting, or is strongly flavored with substances having a medicinal action. All stimulants, such as *coffee, tea, tobacco; and spirits, wine or beer.*

Eat at regular intervals, and rather *often* than *much* at a time. Let the stomach rest after digesting, but *do not let it crave food*, if suitable food can be got.

In case of patients in the habit of using stimulants, it may not be always wise to immediately cease the use of them altogether, as in some instances a moderate use of them may be necessary to prevent the complete collapse or "sinking" which is apt to result from removing all stimulants from a nervous system almost entirely dependent upon them. In these cases the less objectionable stimulants may be substituted for those more dangerous and deleterious; as, for instance, tea and coffee instead of wine and brandy; chocolate or cocoa instead of coffee; black tea instead of green or Japan or mixed tea; beef tea and suitable "tonic" medicines instead of *any stimulants*, until the system has sufficiently recuperated to do without the unnatural and unwholesome

aids and props, which generally prove themselves to be unsafe and ruinous allies.

Tobacco must be used in very small quantities if at all; and not just before or just after taking the medicines. It is generally a waste of time to try to convince those long addicted to the habit, of the injurious effects of this noxious weed. The peculiar effects of such stimulants and narcotics as alcohol, opium and tobacco, upon the brain and nerve—upon the moral and physical nature of man—are such as to weaken and pervert the judgment, so that the victim cannot see and understand what is so obvious to others; and to undermine the power of the will, so that when at last some idea of the fearful truth dawns upon his mind he finds himself almost powerless against the appetite he has nourished. In some cases, however, where the malady is clearly the direct result of the use of one of these drugs, there is no alternative. The poison must be banished utterly or the case given up as hopeless so far as a cure is concerned, although palliative medicines can usually be found.

BATHING.

(From Johnson's Homœopathic Guide).

DIRECTIONS FOR TAKING A BATH.

Every bath should be taken while the body is warm and the circulation somewhat accelerated. For this

reason, it is better to take a short walk, or some other exercise, before each bath, for the purpose of warming the body, except in the morning, when it is already warm from the heat of the bed.

No bath should be taken when the bather is greatly fatigued by exercise or other causes.

No bath should be taken on a full stomach, nor soon after a meal. A couple of hours should be allowed to intervene.

Being in a perspiration is no objection to taking any bath except the sitz and foot-bath. When taking these, the bather should be warm, but not in a perspiration.

MANNER OF TAKING A BATH.

Every bathing operation should be performed rapidly, and the bather should rub himself—not lazily—but vigorously, and with a hurried, bustling motion, so that the exertion of rubbing shall be sufficient to quicken the heart's action and increase the respiration for the purpose of insuring a strong and glowing reaction.

After every bath, no matter what kind, the bather should be rubbed thoroughly dry. For this purpose take a dry sheet and throw round the body like a cloak, and in this, and with this, wipe dry and rub briskly. The sheet placed around the person in this way excludes the air, prevents evaporation of the surface, and guards against the chill which exposure is apt to produce.

Soon as the bath is over, the bather should dress as quickly as possible, and take some kind of exercise in the open air. When this can be done, the rule has no exceptions.

The simplest form of taking a bath is to apply the water to the surface by means of a sponge or crash towel, then rub briskly and thoroughly dry. The water employed may be either warm or cold, and a little fine soap used whenever the skin requires it. Any invalid may take this kind of a bath with benefit, provided it is succeeded by a *glow of warmth* over the surface; and this should be the test in all forms of bathing. No one should feel cold after taking a bath; if they do, it is an evidence that the water was too cold, or the bather remained too long at the bath.

The warm or tepid bath is adapted to every age of life. The first is particularly congenial to the young, the delicate, and those declining in years.

After using the warm bath, care should be exercised to avoid taking cold by putting on suitable clothing and taking proper exercise.

THE COLD BATH is only suited to persons in a vigorous state of health, and where the vital forces are most energetic and the system free from exhaustion. It should be taken quickly, and followed by brisk rubbing, until a refreshing glow is produced over the whole body.

THE SHOWER BATH is a convenient and invigorating

substitute for other forms of bathing, and may be used with benefit where the circulation is languid or the skin dry and inactive. The fall of water can be regulated or modified by the size of the openings through which it passes, and the height of the reservoir, so as to adapt it to the most delicate as well as robust.

THE SITZ BATH may be taken in an ordinary wash tub. Prop it on its edge, and place in it as much water as will rise nearly to the navel when the patient sits down in it. In this he can remain from ten minutes to half an hour. This kind of a bath is very useful in suppression of the menses, menstrual colic, some urinary difficulties, constipation, piles, etc. The temperature of the bath may be regulated to suit the case. In the above named diseases, *warm* or even *hot water* will be found advisable.

SEA BATHING, from its stimulating and invigorating action on the skin and the whole nervous system, is not only agreeable, but highly salutary when indulged in at the proper season. It has also the important advantage over bathing in fresh water, that persons seldom take cold from it.

NOTE:—Sea bathing can be enjoyed *at home* with all the advantages which arise from the action of the salt water upon the skin and tissues, by simply adding to the water in which you bathe a suitable quantity of “Sea Salt,” which can be procured cheaply at almost any drug store. H.

A TURKISH OR THERMAL BATH AT HOME.

(Mrs. A. B. Stockham, M. D., in "Tokology.")

Take a chair with a wooden seat, an office chair with arms is preferable, place in it a piece of flannel blanket so folded that it will fall down in front. Under the chair put a coffee cup one-third filled with alcohol. If any other vessel is used be sure the opening is no larger than that of the cup, as this gives sufficient surface for the combustion of the necessary amount of alcohol; have a foot tub in front of the chair with warm water for the feet.

The patient is seated in nature's raiment only, or as Mark Twain says, "in his complexion," enveloped closely in woolen blankets. One of these is put over him in front and the other at his back outside of the chair. After he is seated and covered, light the alcohol with a taper; don't risk burning yourself by using a match. The subject will begin to perspire in from three to five minutes.

If the blood rushes to his head giving a red face and a feeling of fullness in the brain, put a napkin around the neck, wrung out of tepid water. This is better than wetting the head, and if the patient is a lady it has the advantage of not taking the "crimp" out of her hair.

If the patient is faint or sick at the stomach, as one may be with the first bath or if very bilious,

let him drink copiously of hot water, or very weak ginger tea, hot. If the perspiration is slow in starting or if the heat is excessive, let him bathe the surface with a sponge dipped in cold water. Let him remain fifteen or twenty minutes, or longer, to induce copious perspiration. He can then be bathed and rubbed sitting in the chair. If he is weak, or longer perspiration is desired, let him lie upon the bed or couch, enveloped in the blankets, where he can be bathed under cover if necessary.

Let the manipulation be thorough. Squeeze, press and pinch every muscle in the body, and spat the surface with the ends of the fingers, having the wrist free. Using the entire arm and palm of the hand makes hard work, and does not give good results. If the attendant is magnetic the fingers cause tingling, like hundreds of needles. Let the patient lie for an hour to rest, cool and sleep.

This bath should not be taken in less than *two hours* after eating. If taken sooner it is nearly impossible to induce perspiration, and besides this, it interferes with digestion. For invalids the best time is about ten or eleven o'clock in the morning. The business man or woman can take it upon rising in the morning, or just before retiring at night. If necessary, one can go out immediately after the bath. There is *no danger of taking cold* if one is bathed in cold or tepid water, and has thorough *massage*. (Manipulation with the hand).

As a sanative measure, the Thermal bath can be taken at least once a week; for diseases, the frequency depends partly upon the case and the individual. *It will not weaken a person.* I have seen invalids unable to sit up gain strength with the daily use of this bath. In the first renovating process that is induced, one may have a sense of weakness or faintness, similar to that caused by some medicine that rouses up the vital functions, but the cases are rare in which this does not pass off in a few hours, leaving a corresponding gain.

The Thermal bath is valuable, because

First, It cleanses the skin and promotes its action as no other bath can do, thus relieving the other excretory organs.

Second, It equalizes the circulation of the blood and removes all local congestions of any and every part, which is one of the most important things to be accomplished in the treatment of disease.

Third, It is the quickest, easiest and most effectual means of purifying the blood known to man; it literally washes the blood of its impurities. The patient drinks pure water, it is absorbed, passes into and mingles with the blood, by which it is carried to the capillary network of the skin, and poured upon the surface in the form of perspiration; not pure as when it was taken into the stomach, but mingled with the humors and impurities of the blood.

If this were its only use, the Thermal bath would be invaluable.

Fourth, It soothes and tranquilizes the nervous system, sweeps the cobwebs of care from the brain, leaving it clear and refreshed, and equalizes the flow of the nervous fluids throughout the body.

For the above reasons the Thermal bath is *speci-ally* useful in the treatment of all diseases arising from impurity of the blood, inactivity of the skin, local congestions, or inflammations, or unbalanced nervous action.

INJECTIONS.

A good syringe is almost as necessary an adjunct to the toilet apparatus of a family as a sponge, or brush and comb. In the matter of constipation, the majority of people are nowadays afraid of the time-honoured custom of taking cathartics to regulate the bowels; and in all but the most healthy and strong of adults, constipation will, at times, clog the system with effete matter, which should be got rid of. Regular habits, easily digested food, and especially well-cooked fruits, and coarse bread, will prove great helps in this condition of things, and a few doses of the appropriate remedy will set the whole system into better working order. But an injection of warm water, large or small, as experience will decide for each individual, will be found

a most easy and satisfactory method of clearing out the bowels, giving them a rest and preparing them to resume their duties. A syringe is also indispensable in all gatherings of the ear, which is by no means an uncommon trouble in childhood. Babies who are brought up by hand are commonly troubled by constipation, and sometimes those favored with the mother's milk. If a child has gone twenty-four hours without a passage, it will be apt to be colicky, and very uneasy and fretful, and may be relieved immediately by a small injection of warm water, to which a very little pure toilet soap may be added. For chronic invalids who, in consequence of inactivity, are usually troubled with constipation, a good "Fountain" syringe is a great boon, and by using it at a regular time, taking small quantities of water at a time, and retaining the injection as long as possible, the natural process can be quite satisfactorily simulated. There are other uses of this syringe, which, if you are an invalid, your physician will suggest to you, but for infants the bulb syringe is more easily used, and it answers a very good purpose.

VACCINATION.

The most suitable time to vaccinate a child is when it is about three or four months old. If, however, small-pox is prevalent as an epidemic, or the

child has been exposed to its contagion, recourse should be had to vaccination at once, no matter how young the child is. If the operation be successfully performed *within four days after exposure* to the small-pox infection, the disease will be uniformly prevented.

There is a prevalent belief that vaccination "runs out" every seven years. This may be true in some cases, but in others it is not. The majority of people who have been successfully vaccinated, will be protected from small-pox through life. Others, however, from some peculiarity of constitution, will need to be vaccinated several times during life in order to enjoy immunity from the disease. Under these circumstances, it is advisable to get re-vaccinated every seven or eight years if specially exposed to the infection of small-pox.

It is of the utmost importance that the *vaccine virus should be pure*.

It sometimes happens that, with all necessary precautions, cutaneous eruptions will appear after vaccination. This is not always owing to the introduction of impure matter into the system, but frequently arises from some latent dyscrasia being aroused by the influence of the vaccine disease. It is well for parents to bear this in mind, that no unjust censure may be laid upon the physician.

When the vaccination takes properly, it will have run through the following stages: On the third day

after the operation, a slight elevation is perceptible; on the fifth day there is a pearl-colored vesicle; on the eighth day the vesicle is perfect, concave at top with margin tense and elevated; on the ninth day there is a red circle around the vesicle, the skin being tense and painful. At this time there is usually fever and enlargement of the glands under the arms. On the eleventh day the red areola begins to fade. A circular scab forms and generally drops off at the end of three weeks.

This is the course of the *vaccine disease*, and, unless the progress of the local disorder is the same in all its stages as described, the system is not protected against small-pox. The disease is so mild that treatment by medicine is rarely necessary; but it has been advised by some of our ablest practitioners to give the child a few globules of *sulphur* on the evening of the eighth day, in order to cut off the tendency to eruptive disease, which sometimes follows vaccination.—*Johnson's Homœopathic Guide*.

BEEF • TEA.

This very important article for the sick room can be quickly prepared from some one of the variety of "meat extracts," now for sale by druggists and grocers. Liebig's Extract of Meat, is one of the most reliable and economical, but it must be remembered that it contains only the stimulating properties

of the meat. If used by the spoonful to "tone up" the digestive organs, something as brandy and wine were formerly used, it is excellent, but like wine it furnishes almost *no nourishment*. Adding a little sweet cream or fresh butter to this beef tea when not very hot, or a raw egg, well beaten, it becomes at once almost a perfect diet for the stomach of an invalid. Johnson's Fluid Beef contains some of the nourishing properties of the meat, and makes a palatable and wholesome cup of meat broth simply by adding hot water and salt. There are quite a number of these preparations sold, some of which prove injurious to invalids, and others, not yet well tested.

If meat extracts can not be obtained conveniently an excellent article of beef or mutton tea can soon be prepared by the following process:

Take a piece of fresh meat without fat, and cut it into small pieces, which must be put into a bottle with a wide mouth. Have the bottle corked loosely, and set into a small kettle or sauce-pan of cold water. Let the water heat gradually until boiling, and keep it boiling hot, until the juice has cooked out of the meat and the meat is well shrunken. This juice, properly salted, can be given by the spoonful, warm or cold; or can be diluted with water, and flavored to suit the patient.

Bear in mind that beef tea furnishes little or no nourishment except to nerve and brain, and food

must be supplied *with it* or soon after it, whenever the digestive organs will properly dispose of it.

TEN FOLLIES.

1. To think that, the more a man eats, the fatter and stronger he will become.

2. To believe that, the more hours children are confined in study at school, the faster they learn.

3. To conclude that, if exercise is good for the health, the more violent and exhausting it is the better it is.

4. To imagine that every hour taken from sleep is an hour gained.

5. To argue that whatever remedy causes one to feel immediately better is good for the system, without regard to ulterior effects.

6. To eat without an appetite, or to continue to eat after it has been satisfied, merely to gratify the taste.

7. To eat a hearty supper for the pleasure experienced while it is passing down the throat, at the expense of a whole night of disturbed sleep, and a weary waking in the morning.

8. To remove a portion of the clothing immediately after exercise, when the most stupid drayman knows that if he does not put a cover on his horse the moment he ceases work in winter, he will lose him in a few days at most by pneumonia.

9. To believe that warm air is necessarily impure, or that pure cold air is necessarily more healthy than the confined air of a close and crowded vehicle (the latter at most, can only produce fainting and nausea); and when entering a conveyance, after walking briskly, opening a window, exposing yourself to a draft, and getting a severe cold at least, or an attack of pleurisy or pneumonia, that will cause weeks and months of suffering, if not actual death within four days.

10. To “remember the Sabbath day” by working harder and later on Saturday than on any other day of the week, with a view of sleeping late next morning and staying at home all day to rest, conscience being quieted by the plea of “not feeling very well.”—*Journal of Health*.

HINTS AND SUGGESTIONS.

Be careful *after exercise* not to sit down in a car, or omnibus, or lecture room, or church with a *cool draft* upon the exposed neck or back. If you can not avoid the draft, have a handkerchief or other covering ready to protect yourself from a chill.

The Spanish curse—“May a cold wind blow down the back of your neck,” is very significant.

The secret of the success of *Iron*, *Phosphorus* and the *Phosphates* in modern allopathic treatment is

always to be explained by the homœopathic action of these remedies.

The more nearly the prescribers conform to the homœopathic law in the dose, the assimilable condition of the drug, and the principle on which it is prescribed, the greater the success.

Drinking hot water at certain times, as for instance, the first thing in the morning, and again an hour after each meal, has proved very beneficial to many invalids.

The arguments in favor of *hot* water would be arguments against the careless drinking of *ice water* so common in cities and large towns.

Warm drinks, taken with and after meals aid digestion. Warm food digests more readily than cold food. If one drinks half a pint or more of ice-water with his dinner, the effect is to chill the stomach and hinder digestion.

It is argued that hot water has a tendency to allay and relieve the congestion and tendency to inflammation of the stomach and bowels from which dyspeptics suffer. If so ice-water must have the effect of producing or increasing such congestion.

Invalids should not take much exercise before breakfast, nor for some little time after eating.

Walking, or any gymnastic exercise which obliges the person to completely *fill the lungs* with pure,

and not too cold air, is beneficial, especially to asthmatics and persons disposed to weakness of the lungs.

Even a few moments spent several times a day in the operation of filling the lungs to the full, and emptying them slowly until the patient is a little tired, will prove of great benefit.

More and more decided every year is the opinion of the more intelligent portion of the medical profession that *alcohol is not necessary or safe as a medicine.*

Camphor is far superior to arouse the system in case of a chill, or a faint; a cup of *beef tea* or *hot milk* or *grape juice* is better in a case of exhaustion; *napiform* is better as a continued tonic; *bovine* gives the strength to the vital powers which brandy only *pretends* to; and none of these has an unhealthy reaction, or carries with it the danger of fixing upon the patient a vicious habit of terrible power like that of alcoholic stimulants.

The London "*Medical Press and Circular*" asserts that *insanity* is nearly twice as prevalent in the United Kingdom as it was forty years ago, and that the number of *tuberculous* and *scrofulous patients* in the hospitals has largely increased. It ascribes this to the great and increasing prevalence of *alcoholism* in all classes and both sexes.

INDICATIONS OF DISEASE.

(From Johnson's Homœopathic Guide.)

THE COUNTENANCE.

The expression of countenance is often an excellent index of what is occurring in distant parts of the body, and affords valuable assistance to the physician in many obscure and complicated cases.

Features contracted, anxious expression, difficulty of breathing, and rapid dilatation of the nostrils, indicate *acute inflammation of the lungs*.

Features pointed, with expression of anxiety, brows knit, countenance pale, lips dry and bluish, indicate *pain and inflammation of the abdominal viscera*.

Face flushed, wild expression of countenance, eyes red and sparkling, pupils contracted or dilated, great sensibility to light, squinting, twitching of the eyelids and muscles of the face, indicate *inflammation of the brain*.

Face flushed and swollen, lips blue, eyes prominent, anxious expression, sudden startings in sleep, indicate *organic disease of the heart*.

Cheeks pale and blanched, lips white and puffy, dark circle around the eyelids, languid expression, indicate *chlorosis or "green sickness."*

Pale, delicate complexion, puffiness of the upper

lip, with margins of a carnation tint, indicates *scrofula*.

Deep yellow complexion indicates *jaundice*, or derangement of the liver.

Squinting, or distorted eyes, are ominous of *dropsy of the brain*.

THE PULSE.

The pulse of a healthy adult person beats from seventy to seventy-five times per minute; but this is by no means an invariable rule, for some persons enjoy good health with a pulse at fifty, and even lower. On the contrary, others are apparently as well whose pulse is at ninety. Again, the pulse varies at different periods of life: in infancy and childhood it ranges from one hundred to one hundred and twenty beats per minute, while in old age it is diminished, and rates at sixty or seventy per minute.

A *quick, full, bounding* pulse indicates inflammation, or fever of an acute, inflammatory character.

A *sluggish, full* pulse evinces a want of nervous energy.

A *slow pulse*, if not habitual, may indicate debility, or tendency of blood to the head.

A *changeable pulse* indicates nervous derangement, and sometimes organic disease of the heart.

A *fine, scarcely perceptible* pulse denotes great exhaustion.

THE TONGUE.

A thick, dirty, *white* coating on the tongue indicates *gastric derangement*.

A *thick yellow* coating on the tongue, with bitter taste, indicates *biliary derangement*.

A thick white coating on the tongue, with red papillæ appearing through the fur, indicates *scarlet fever*.

A clean, smooth, bright red tongue, indicates *inflammation* of the *gastric* or *intestinal mucous membrane*.

A blackish, dry, furred, and tremulous tongue, indicates *abdominal* or *putrid typhus*.

A sharp, pointed, tremulous tongue, indicates *irritation* and *inflammation of the brain*, and is often met with in habitual drunkards.

A swollen tongue, coated white, indented or notched on the edges, indicates derangement of the *nerves* and *lining membrane* of the *stomach*; met with in gastric fevers.

THE NERVOUS SYSTEM.

Pain is an important symptom, in whatever part or organ it may have its seat.

Sharp, darting pains, ceasing and returning at intervals, indicate *neuralgia*.

Tearing, throbbing, and aching pains, aggravated by contact, pressure, or movement, indicate *inflammatory action*.

Stitching or *pricking* pains, indicate determination of blood to a part.

Sudden suspension of pain, where there is acute inflammation, is ominous of *mortification*.

Sudden, rapid jerking movements of the head and limbs, indicate *irritation* of the brain, delirium tremens, and some forms of *insanity*.

Pain in healthy structures often indicate disease in a remote part; for example, pain in the knee indicates disease of the hip-joint, and pain in the right shoulder and arm is often the result of a diseased liver, or uterine disorder.

RESPIRATORY ORGANS.

Short, hurried breathing, using principally the abdominal muscles, indicates inflammation of the *lungs*.

Using the muscles of the chest alone in breathing, indicates *abdominal inflammation*.

Irregular breathing, with snoring respiration, indicates *compression* of the *brain*, or the effects of *poisoning by opium*.

Wheezing, short, panting, anxious respiration, with constriction of the top of the windpipe, indicates *asthma*.

Cough, with expectoration of thick, dirty yellow, or greenish sputa, which sinks in water, indicates *disorganization of the lungs*.

Cough, with expectoration of tough, white mucus, indicates *chronic bronchitis*.

Painful cough, with rust-colored or bloody expectoration, indicates *inflammation of the lungs*.

ALVINE DISCHARGES.

Very light or clay-colored stools evince a *lack of bile*.

Very dark evacuations denote an *exuberance of bile*.

Green discharges (of infants) denote *acidity of the stomach*.

Glairy, dark green evacuations, like chopped spinach, are characteristic of *dropsy of the brain*.

Bloody, mucous stools, accompanied by straining, indicate *intestinal inflammation*.

Hard, dry stools, indicate a *relaxed and torpid state of the mucous membrane of the bowels*.

THE URINE.

Red, scanty urine denotes inflammation.

Urine clear, limpid, and abundant, nervous excitement.

Urine depositing a sediment, indicates biliary derangement.

Urine turning *milky* soon after being emitted (especially in children), denotes the presence of *worms* in the intestines.

METHODS OF CURE.

Of the different methods now practiced by civilized nations for the cure of the sick, we will men-

tion the chief ones only, and call them by their common names without discussing the scientific propriety of those names. And first comes

ALLOPATHY.

Of this method we must speak tenderly, because our first training, and medical experiences, and early prejudices were in this "school" of medicine. The name indicates a system in which drugs are used to produce an effect different from that of the disease. *Opium* or *morphine* is given to make an excited or nervous person sleep; *opium* is used to produce torpor of the bowels in case of diarrhea; *mercury* or *aloes*, or some other purgative drug, to relieve constipation, and so on. A good knowledge of the action of a few drugs, carefulness in using them, combined with experience of disease and its symptoms, some knowledge of anatomy and physiology, surgery and obstetrics, and a fair share of common sense, makes satisfactory physicians of this school: and until something better was known, this system seemed the *ne plus ultra* so far as the principle and science of medicine were concerned.

The evils of the system lie at its very basis. Each "drug" has an effect on the human organism, which causes a tendency to reaction in the opposite direction so long as there is vitality sufficient. A dose of morphine may, in most cases, produce sleep (torpor) in an excited brain; but as the narcotic power of the drug decreases the vital force rises against it and

the nervous excitement is greater than before, except as modified by circumstances, and now a larger dose of morphine is required to overcome the increased excitement. Opium temporarily relieves the diarrhea, but as soon as its effects lessen, there is danger from the reaction as well as from the poisonous effects of the drug upon the nerve centres. Mercury and aloes, etc., purge the bowels, but increased constipation follows and requires increased doses or the trial of other purgatives.

Besides all this is,

First, The evil of the effects on other parts of the body, besides where the disease is, and the often permanent poisoning from the drug. It is not necessary for us to say to most intelligent readers nowadays that opium, mercury, aloes, etc., leave their impress and injurious effects upon the human system, brain-nerves, stomach, bowels, bones and tissues for years. If it were not so, the doctors would have fewer calls, and lose many good fees for treating obscure diseases of the nervous system, diseases of the bones, intractable cases of piles, etc., etc., and,

Secondly, If the patient has vitality enough to get rid of the disease, he has also to overcome the effects of the medicine. Its primary effects were to his disadvantage by setting up a new disease, against which he had to contend, and now its *secondary* effects are in the wrong direction if the drug were really given on allopathic principles.

Very much, however, can be said in favor of "old school"—"regular"—"allopathic"—practice as it now exists. Blood-letting, purging, vomiting, and shutting up fever patients to confined air with no water to drink, and much other foolishness, is now nearly done away with; and, to a large extent, they do not give much medicine. The most intelligent, and certainly *the safer* practitioners of the school, use very little medicine, cutting their doses down to the smallest amount from which they can expect drug action, and advising often "that no medicine be taken if it is possible to get along without it." This is well; but there is something better in Hahnemann's discoveries and teachings.

Many patients under the care of allopathic physicians get well to be sure, and this fact to the unthinking and conservative or "old foggy" mind, serves as evidence that the practice, and consequently the system on which it is based, must be correct. We object to this kind of evidence in favor of a false principle for the following reasons:

Medical men know that *some* of their patients *will get well* when every circumstance and influence seems to be against them, just as some seem *determined* (and predetermined) *to die* in spite of every effort to save them. *Again* many cases of acute illness, such as disorders of the stomach and bowels need only a rest of the digestive organs to bring back a good measure of health. The emetic or pur-

gative administered, not only relieves the overloaded viscera, but the stomach and bowels being weakened and the appetite destroyed for the time by the poisonous action of the drug taken, the digestive apparatus necessarily has rest; and after relief from the over-strain and drugging, recovers its usual tone *soon* if naturally vigorous, or after a period of "dieting," if naturally weak. The load which was irritating the exhausted system was removed by the drug; the drug was not in sufficient quantity to *kill* and so the patient got well.

Another fact needs to be considered, to wit: that by far the *most successful part* of modern "old school" practice (*they* call it "*regular*" practice) is simply EMPIRICISM—the dictionary definition of which is—"A practice of medicine founded on experience and neglecting the aid of science: ignorant and unscientific practice; charlatanry; quackery."

The majority of their prescriptions are made simply because some one else has prescribed the same thing in the same disease, and recorded it in some book or journal, or mentioned it at the meeting of some society, or in some advertisement. If somebody else who stands high in the profession endorses it, by saying he has "used it in a number of cases," that settles it as *the remedy* for all cases of a certain disease, no matter what the symptoms, or who the patient, until a few failures of the remedy lead to more experiments on the sick with some other "new remedy."

Now, of late years, it has happened very fortunately for the "regular" practice, that many of "the lights" of the profession have "discovered" (by clandestine reference to homœopathic literature, perhaps) that aconite, nux vomica, pulsatilla, phosphorus, etc., given in very minute doses, are wonderfully curative in certain cases, also that mercury, rhubarb, etc., "if given in very small doses seem to be curative in cases of just the opposite nature from those to which we formerly prescribed them." These discoveries have come late, but early enough to save the credit (and many of the patients) of the regular school, and as fast as the discoverers can humiliate themselves enough to admit the "discoveries," and be "cheeky" (best word to express it) enough to publish them, the profession is ready to adopt them.

We contend—and *can prove it*—that aside from cases which require only mechanical or surgical treatment, or to be let alone, all the *cures* made by drugs are, and *must be*, on the homœopathic or Hahnemannian principle of cure. The proportion of cures from these remedies used without regard to the laws and principles of homœopathy is of course very small; and the damage done because they are used unskillfully is often considerable.

It cannot very well be helped, however, for allopaths have educated themselves and their patients to think that unless a medicine has power enough to

produce a sensible drug effect upon the animal organism, such as vomiting, purging, depressing or exciting the pulse, etc., etc., it has not power enough to cure. In other words, unless it is strong enough to do harm, it cannot do any good.

ECLECTICISM

Is the practice of those who say they are not bound by the teachings of any "pathy," but choose from all systems of medicine that which is best. This sounds well, but an examination of their books, the teachings of their colleges, and their practice, shows that it is simply a sort of progressive allopathy.

There is no principle or science in their practice.* They use the "active principles," and concentrated essences and tinctures and extracts of drugs whenever possible, thus giving *an apparently* smaller dose, but they give the drug because some one else gave it, more than for any other reason. Of late years, however, they have begun to triturate and dilute their drugs, so as to avoid unnecessary drug action, and, without intending it, are gradually leaning more and more towards true homœopathy. In fact, the more intelligent and conscientious of them are very apt to become staunch homœopaths after a few years' practice.

*According to Webster's dictionary eclectic is "selecting and combining, without unity, principle, or a constant system."

HYDROPATHY

Is the treatment of disease with baths, sweats, wet packs, etc., usually with much regard to diet and other hygienic measures, and is well suited to many cases. It has the great advantage over some other "pathies" that no drugs are used. Its disadvantages lie partly in the fact that most patients require each of them much of the time of the physician, or of a skilled attendant, which makes considerable expense at home, or obliges one to spend weeks or months at a "water-cure" establishment where all the conveniences can be had.

Success in the cure depends very much upon the experience and good sense of the physician, and the time and money at the disposal of the patient.

ELECTROPATHY

Is the use of electricity in some form for the cure of disease, on the principle that a large class of diseases arises from a *too positive* condition of the human system, and that another large class is caused by a *negative* condition, and that a certain current, or combination of currents, from a galvanic battery will change the positive state to a negative one, or a certain other current or combination, will make the negative state a positive one. Sometimes, perhaps we should say often, all that is attempted is to arouse the vital electricity of the patient by what is called "general treatment."

Baths and other appliances of convenience are required, and the physician and patient find the same difficulty in regard to expense of time and money that hydropaths do. Each "treatment" requires the personal care of the doctor, and time sufficient to prescribe for several patients and give them suitable homœopathic remedies to use at home.

The scientific electropath is often quite successful, and not likely to do much harm, but electricity is a dangerous element to play with, or to bungle with in the attempt to cure disease. If you trust yourself to an electropath, be *sure* he understands what he is about.

The advantage to be gained from the use of a galvanic battery, or an electric machine, or an electromagnetic apparatus in the hands of a person not skilled in the use of such apparatus by study or experience, is of a very doubtful character. If your physician advises the use of such apparatus and gives directions accordingly—very well. We sell batteries of all kinds, but we don't advise people to buy them unless they know how to use them.

Twenty-five or thirty years ago people began to find out that the simplest and safest way of using electricity, or galvanism, or voltaism (they are all the same) for the cure of disease, was by applying to different parts of the body bands or belts made of alternate pieces or scales of zinc and copper attached to leather, or cloth. The moisture of the skin excites

voltaic action in the metals and a gentle electric influence is kept up as long as the metals remain bright and clean. The large sales and profits of the first manufacturers in England and America, and the cures advertised, attracted attention, and soon the papers were full of advertisements of galvanic and voltaic bands, belts, in-soles, bracelets, anklets, plasters, disks, etc. Next came *magnetic* appliances on a similar plan, consisting of bands, belts, in-soles, and even vests, corsets, and what not made up by stitching small steel magnets between two thicknesses of cloth or other material. These have been and are being very extensively advertised and have sold largely. If properly made and *properly used* there is good in all these appliances, galvanic, voltaic or magnetic. Thousands of dollars worth have passed through our hands, and we have seen a multitude of cases in which they have proved very successful. The secret of their success—and of their failure, can be told in a very few words. All the good any of them can do is to excite the natural electricity of the body to increased activity, restoring more nearly the normal or healthful condition of the system. There the benefit ceases. If the patient is wise enough, or wisely instructed, to lay aside the appliance as soon as the increase in vital action begins to be like health, and resume it again when necessary, from time to time, it will in many cases be a help to renewed health and vigor. But if the excitement or stimula-

tion is kept up beyond that point, the effect is the same as that of any other stimulant; the nervous system wearies under the strain put upon it, and the condition of the patient is worse than at first. As we have said elsewhere the use of any stimulant can be only as a *temporary* aid to the system in enabling it to resist disease, to digest and assimilate food, and so regain the normal strength, and if any strain is put upon the nervous force in reliance upon the *false strength* induced by the stimulant, the stimulant is doing harm instead of good.

ANIMAL MAGNETISM.

One explanation of the curative effects of voltaic or magnetic electricity finds its proof in the power over disease which "magnetic healers" possess. Of course they add to the mere animal magnetism a biological or "mesmeric" influence. Some of them who have made careful study of the human system and of disease in its various forms, and who are especially gifted with the magnetic power, really perform wonders. Some of them are mere adventurers and unfit to be called into a decent family.

It is worthy of remark that many individuals possess this power without being aware of it, and could if they chose use it to the advantage of their invalid friends.

HOMŒOPATHY.

HOMŒOPATHY is *the science of healing* by the use of medicines.

Its adherents can make use of hot or cold water, wet packs, electricity, diet, good nursing; can use stimulants or narcotics in an acute case, as a temporary expedient, where nothing else can be done; can administer castor oil or an injection to empty bowels overloaded with green fruit or packed with berry seeds, or employ an emetic or a stomach pump to remove poison or indigestible substances from a distressed stomach; can lance an abscess, amputate a limb, or remove a tumor; but when *medicinal* treatment is required the true homœopath depends upon a scientific, simple, and unfailing law of cure—to wit: that drugs which will produce certain symptoms in a healthy person, will, if given in a sufficiently minute dose properly prepared, cure such symptoms when produced by disease.

Instead of trying experiments upon *sick* people “for the advancement of science,” a number of persons in health are selected, and a certain drug is given to every one for a certain time. A record of the morbid symptoms caused by the drug is made by each person and the reports compared. Such symptoms as are verified repeatedly, are set down to the credit of the drug. The persons do not usually know what drug they are taking. Cases of drug poisoning are carefully studied, and in these and other ways we are able to make up what is called the “symptomatology” of our remedies. We have then a chart of the symptoms produced by

each of a large number of drugs in individuals of different temperaments, constitutions, ages, and conditions of life, all of which are specified. Now comes in a patient complaining of certain symptoms. Referring to our chart or book, we find the counterpart of those symptoms under the name of a certain drug. If we can make the dose so minute that it will not have any poisonous or drug action on the system, according to our law as first discovered by Hahnemann it ought to cure this patient: but Hahnemann soon found that this was only true of the few active drugs with which he first experimented. He found also that experiment was necessary to ascertain the right amount of division of the drug to make the dose the proper quantity. By triturating with milk sugar, and dissolving and succussing in pure alcohol, he was able to extend the division to what was practically infinity, and to give as little as he pleased. Then he found that *the medicinal power, the true curative power* of the drug, was *greatly developed* by this peculiar process of attenuation, and taking substances like lycopodium, sulphur, charcoal, etc., which were supposed to have very little medicinal virtue, he was able to prepare from them most valuable remedies.

Many of the most valuable drugs are quoted in the old school pharmacopœias as having "little or no medicinal virtue," and some of our homœopathic

physicians make failures with them because they are not willing to use a sufficiently high attenuation.

A DISADVANTAGE.

Homœopathy has one serious disadvantage to the physician who practices it, in the fact that in most of the families regularly under his care there is seldom any very serious illness. So that they do not realize how much they are saved from by the absence of crude drugs. They are not made sick by the treatment, and are almost inclined to believe they would have got well without the doctor or the medicine.

DOMESTIC HOMŒOPATHY.

Although Homœopathy is a of a strictly scientific character, and its most diligent student can find in it opportunity and reward for his best and most persistent endeavor; yet it is withal so simple that any intelligent person, with a small well-written book of instructions, a few remedies properly prepared, and a very little experience, can treat the common ailments to which mankind is subject, more safely and with better hope of success than the average Allopathic ("old school") doctor.

We make this bold statement in the perfect confidence which comes of many years' experience: and if we had space for the numerous letters we receive from customers all over the country—in fact, all over the civilized world—corroborating our statement, no one could doubt. We have long been accustomed

to grateful remarks in letters, and from the lips of those visiting our pharmacy to obtain supplies, like the following, which are all exact copies from letters in our possession, or so nearly as possible *verbatim* reports of statements made to us by word of mouth:

“The dollar case I obtained of you has saved us much expense in doctor’s bills, which would have come very hard on us this year.”

“Our little stock of medicines has been of great service to us. We are so far from a homœopathic physician that we should have suffered without them. Besides, we have been able to help some of our neighbors with them.”

“Our children were all down at once with the measles, and pretty sick, too, but we had no doctor and no serious trouble with them. The little pamphlet you gave me awhile ago, and the little pills, helped us through all right.”

“I can not tell you what a blessing our precious store of medicine has been to us.

“The books are simply invaluable, as we are situated.* I have to resort to them almost daily.

“You would be amazed if you could see the variety of complaints we are called upon to treat: A man with chronic asthma, a woman far gone with

*A missionary in India.

consumption, a child with congestion of the liver, babies with teething troubles, cases of fever, and many other disorders."

We could add daily to this list of testimony in favor of "Home treatment" with homœopathic medicines until the book would be more than full.

THE SECRET.

It looks *very unreasonable* to those who have had no practical experience in Homœopathy that a person who knows little or nothing about anatomy, physiology, chemistry; and who has had almost no acquaintance with different forms of disease, should be so successful in treating almost all the more common diseases with only a small assortment of homœopathic remedies and a simple manual purchased for one or two dollars.

Most of the secret lies in these two facts: *First.* The *law of cure* is, as we have already said, scientific, certain, and very easy of comprehension and application. *Second.* We do not treat the name of the disease, or the disease as it is laid down in the books. *We treat the symptoms.* Certain fever symptoms require a certain remedy; certain pains another remedy, and so on. You do not have to wait until the disease has fully developed itself, and you have called in a physician to name it, and to battle with it after it has a strong hold upon the system. You take it at the beginning, and overcome it at once or arrest its progress until you can have the help of a

physician, just as you would extinguish or hold in check a fire breaking out in your dwelling by fighting it at the start.

CAN WE DO WITHOUT THE DOCTOR?

Of course, it may seem to some laymen, that, by having a case of medicines and a book, they need *never* employ a physician: and to some physicians it will seem as if having every family supplied with a domestic case would interfere largely with their practice; but experience proves that either idea would be a mistake. The intelligent layman will realize that he is, more or less, dependent upon the experienced physician, although his case and book may save him entirely from calling upon an old-school doctor, or buying "patent medicines," or from making his bill with the homœopathic doctor larger than he is able to pay; while the intelligent, liberal-minded homœopathic physician understands that it is to the advantage of men of his stamp to have the people educated, and educating each other in the knowledge of Homœopathy.

SEE WHAT THE DOCTORS THEMSELVES SAY.

"The profession of medicine cannot, in this age of progress, be treated as a mystery. The aim of the enlightened physician is to make its principles as extensively known as possible, conscious that thereby the greatest amount of good will accrue both to the profession and the public. Still, the objection is often urged that domestic medical books trench on

the legitimate sphere of the profession, and are dangerous in their tendency. Neither objection is valid. Drugs *are* employed in nearly every household—anti-bilious pills, epsom salts, rhubarb, sulphur, magnesia, quinine, etc. We are not, therefore, responsible as originators of domestic treatment: we rather seek to *reform* it by substituting remedies and measures, the virtue of which is that they are not only harmless, but very much more efficacious than those ordinarily adopted."—*Dr. E. H. Ruddock.*

"NOLENS VOLENS. we physicians have to give in, for laymen will, without our permission, try their hand at doctoring, and the best we can do is to instruct them to do it in the right manner; and, after all, it pays, even to the doctors; for there is no better proselyte-maker than a lay woman who has performed some 'miraculous cure' with *aconite* or *chamomilla*."—*North American Journal of Homœopathy.*

"BETTER OFF WITHOUT MEDICINE."

It is quite a common thing nowadays to hear some of the wiseacres say, "Let medicine alone; better off without any," etc. This is the natural reaction from the old-time habit of bleeding, puking and purging for every ailment, which prevailed with past generations, and from the results of which many of the present generation are now suffering more than they

know. Disposition to congestions, weakness of nerves, dyspepsia, chronic diarrhea, constipation, piles, are some of the chief ills affecting the people of to-day as a necessary consequence of the free administration of powerful drugs to their immediate ancestors by physicians of the "old school," or their free use as domestic remedies, or in the form of "patent medicines."

This objection cannot be urged against the harmless homœopathic medicines; and besides this, it is well known that as people become familiar with the use of homœopathic medicines they soon learn to act upon the principle that "prevention is better than cure," and by having always at hand a few of the chief remedies, they endeavor to ward off and prevent serious illness, by treating a slight cold or cough or congestion of any kind *promptly*, having at the same time no fear of injury from the medicines.

Not long ago we heard a gentleman who has six children telling his experience on this point, and as nearly as we can remember it was in brief as follows:

"Neither I nor my wife ever had much strength of constitution. We have now been married more than twenty years. We were both favorable to the homœopathic practice when we were married, and soon afterward were so situated that we could not easily call a homœopathic physician; so we were obliged to inform ourselves sufficiently in regard to the use of the remedies, to take care of ourselves

and our little ones in ordinary cases. During our married life neither we nor our children have ever taken a dose of "allopathic" medicine. Our children had not as good a start in life—so far as parental constitution and ante-natal influence are concerned—as children ought to have, and as I hope and trust their children will have. With some of them, the first two years of their life was a very trying period causing us much anxiety. Now they bid fair to be on the average, stronger, healthier, heavier, and more useful in the world than their parents. Some of our neighbors have been disposed to laugh at my wife because she was "always giving medicine." At the same time they could not help remarking our freedom from serious illness, while they had often much suffering and sorrow from this cause, besides frequent and sometimes heavy doctors' bills to pay. The secret, so far as human agency is concerned, was all in our having the remedies always ready, and our being careful to prevent disease getting a foothold; and we never felt afraid of the medicines doing any harm."

It is a noticeable fact that those who say so much about *never taking any medicine* are almost invariably in the habit of taking a "gin sling" or a "whisky toddy" every time they catch cold; quantities of "boneset tea" whenever they feel "aguish;" "a little baking soda to correct the stomach;" sulphur and molasses "to cleanse the blood;" or fixing up some

disgusting mess from the barnyard or sheep pasture for the children's ailments; but—they "don't take medicine." Oh, no!

We must take ourselves as we are. These poor bodies of ours are frail and decaying at best. By inheritance, by unavoidable tasking of the energies of mind or body, or by our own ignorance, imprudence or folly, health and strength are so impaired that it is rare to find among men or women "a sound mind in a sound body." The best that can be done to-day, in most cases, is to so mend and repair and keep in order "the house we live in" that it will last as long as possible, and in the best possible condition for its uses. This much is required of us by Him who gave us the lease of the tenement. In doing this we shall also be doing the best that is possible for those who come after us.

ABOUT BOOKS

Medical Books, we mean. There are several which we feel that we should call especial attention to as books that should be in every family. Our own Homœopathic Guide, of course, stands first; but, "in the multitude of counselors there is wisdom," and we would advise our friends to have also in the library a copy of the "Stepping Stone," by Dr. Ruddock (American edition), or Dr. Shipman's Homœopathic Guide, both of them dollar books, but

full of valuable information. Next, in price, comes Johnson's Family Guide (\$2); "The Family Doctor," by Doctor Ruddock (\$3). Every woman should have "The Lady's Manual," by Dr. Ruddock, with notes by Dr. Ludlam. Every mother should own a copy of "Tokology," by Mrs. Stockham, and Mrs. E. G. Cook's work, "For Mothers and Daughters." Then comes Mrs. Shepherd's most excellent and valuable and timely book, "For Girls." We do not advise that this latter work should be put into the hands of every girl of a dozen years of age; but every girl's mother should read it, and at the proper time or times suitable portions of the book can be read to the daughter, or the information she needs be imparted to her.

If a girl has no mother, or loving guardian who can take the place of a mother to her, it is better that such a book as Mrs. Shepherd's should be put into her hands at the age of fourteen or fifteen, or sooner, than that she should go blindfold into the dangers and mysteries and probably the miseries of life. Besides these books you should have "The People's Health Journal," edited by Dr. Rogers.

ABOUT THIS BOOK.

Read it *carefully*! Try to become familiar with the instructions in the first part before prescribing.

The book is intended to be a *help* to you in emergencies. It is full of practical hints and sug-

gestions, and contains much reliable information and valuable instruction from the best sources, but it is *not* a whole medical library, and will not make competent physicians of all who read it.

If the symptoms you have to treat seem to be serious, or do not readily yield to the remedy you have selected, it is better to call in a good physician than to lose precious time and perhaps risk precious life.

If you *can not* readily consult a *trustworthy homœopathic physician*, then rest assured that by carefully following the directions here given, your chances of cure are better than in the use of "patent medicines," quack nostrums, drug-store prescriptions, or the "cut-and-try" practice of the average old-school doctor.

We should all remember, both physicians and laymen, that without the blessing of the Great Physician above, all our efforts to heal the sick are in vain; also, that *with* His blessing, and under His direction, what may have seemed to be hopeless cases may find relief.

ABOUT THE MEDICINES.

THE DOSE.—If the medicines are in pellets, the dose for an adult is six of the ordinary size (No. 30); if in cones, one; if in powder, a quantity equal to a small pea; if in liquid, a drop in a teaspoonful of water. A child under twelve years of age would

require three-fourths of a dose for an adult; under three years, half a dose; under six months, one-fourth of a dose. When convenient, an excellent plain is to dissolved three or four times the ordinary dose in half a glass of water, and, after stirring it well, to give teaspoonful doses of the solution. The glass and spoon should be perfectly clean. The glass should be kept covered, and the solution renewed every day. It is best to let the medicines remain in the mouth for a short time before swallowing; and the mouth should be free from everything likely to interfere with the action of the medicines, and well rinsed with water if necessary before taking the medicines into it.

HOW OFTEN TO GIVE THE MEDICINES.—This question will be answered as each medicine is prescribed in the following pages. *Do not take the medicine oftener than directed.* Take less frequently after improvement begins; stop taking when the improvement is quite evident; begin again if the improvement ceases.

CAUSES OF FAILURE.

If, now and then, it should happen that you are not successful in a given case, do not always consider it a failure of homeopathy. It may be that you have not rightly noted the symptoms. It may be that your medicines are not good. Perhaps they have spoiled for want of proper care. They should be kept tightly corked, away from the light, in a mod-

erately cool place, and entirely free from the odors of matches, tobacco, camphor, turpentine, musk or any other strong-smelling substances. The corks should not be changed from one bottle to another, and the medicines should not be poured out into the hand and then back into the phial. They are very delicate, and need to be nicely cared for if you want to depend upon them.

FRAUD.—Perhaps your *medicines never were good*. There is no better opportunity for fraud of a very mean character than is afforded to unscrupulous persons in the sale of homœopathic remedies. The medicines are all so much alike in appearance, and most of them so attenuated, that it is almost or quite impossible to tell whether they are good or not till they come to be tried by the sick. It is desirable to *know beforehand*; and *the only way is to be sure* that they are obtained from a physician or a pharmacist who is competent to prepare them; too careful to make mistakes; too honest to deceive.

DRUG STORE SUPPLIES.

Homœopathy has now become so popular that almost every drug store has a small stock of the remedies, and *sometimes* they are from a reliable source, and are fresh, and safe to trust to in sickness. But *we happen to know* that some druggists who *suppose* they are selling reliable homœopathic medicines have been supplied by pharmacies who care more for the dollars they can make than for the welfare of

their fellow men or the credit of homœopathy; and every one knows it would not be difficult to find druggists who will sell what they can make the most money on "if it *looks* all right.

Remember also that as a rule the interests and prejudices of the druggist are opposed to homœopathy. Often he thinks it *all* a humbug, and cannot see but that one of the medicines is as good as another, and one man's preparations just as good as another's. Or, if he is too conscientious to give you anything but what you ask for, there are two difficulties in the way of his doing it: First, being a druggist, he can have no correct idea of the accuracy and neatness required in the preparation of *homœopathic* remedies, or of the danger of injury to the delicate attenuations from the odors and presence of other drugs. *His* medicines are used in crude form, and large doses, and are not much affected by such influences. Secondly, he cannot help himself if he *would*, because he has no other place or means for making or keeping these preparations but those exposed to these contaminations; and all his pellets, sugar of milk, vials, corks, etc., *must be* saturated with the odor of strong drugs like camphor, opium, creosote, asafoetida, etc., and all his mortars, glasses and other apparatus more or less affected by use for various drugs. The conscientious druggist who has a knowledge of homœopathy will tell you "the drug store is no place for homœopathic medicines."

Homœopathic pharmacutists and homœopathic physicians who have urged druggists to keep a supply of homœopathic remedies for domestic use are now beginning to find out that they have made a great mistake, and those caring for the interests of the science more than for their own present gains are setting their faces against this evil.

POTENCIES—ATTENUATIONS.—There is another fact of much importance in prescribing for the sick, and that is in regard to the “potency” or “attenuation” of the medicine given. With many patients it makes a great difference in the quickness of the cure: and the ignorance of this fact, or the unwillingness to recognize it, has disappointed many a young and inexperienced physician who had made a right selection of remedies. Not getting the effect he expected in a given case, or not so quickly as he expected, he has tried some other remedy not so well suited to the case; and laymen are certainly liable to the same blunder.

We have filled many a case of medicine for physicians just beginning practice, and for laymen of no experience, with the “mother tinctures” and “low triturations,” which afterward were a disappointment to them, or of very little use. But they wanted the medicines “as strong as they can be made,” not realizing that the *drug strength* and the *curative power* are two different things.

Almost every one of the remedies requires potent-

izing or attenuating to develop the *curative* force—some to one degree, some to another. Those prepared for general family use range usually from the third decimal to the sixth centesimal. Occasionally a higher or a lower attenuation is required. Infants, and women of delicate nervous organization, do better in the use of the higher attenuations, even the thirtieth, and in some instances the two hundredth: of most medicines they should not take lower than the sixth centesimal. In chronic diseases the higher attenuations do best. Some intelligent physicians will tell you that the high attenuations “are all moonshine,” just as other physicians will tell you that “Homœopathy is all moonshine;” but “facts are stubborn things,” and a fair trial will convince any honest doubter. Persons not very susceptible to the action of drugs, or who are accustomed to much tea or coffee or tobacco, or other stimulants, as a rule require the 2x or 3x preparations, which in delicate organizations would either have no effect or would produce an aggravation of the symptoms.

AGGRAVATION OF SYMPTOMS.—If, after administering a remedy for a short time, there is a marked aggravation of the symptoms, without apparent cause, it is evidence that the medicine is well chosen, but that the attenuation is too low—that is, there is too much of the drug yet in the dose. In such a case, if you are using the third or sixth, you can sometimes remedy the difficulty by dissolving enough

for about three doses in half a glass of water, stirring well, then, pouring out all but a teaspoonful, fill up with water as before. Repeat the process twice, and you will probably have the proper effect from the medicine. If still there is decided aggravation, on resuming the treatment obtain the thirtieth or two hundredth potency of the remedy. It is sometimes better to give no medicine at all for awhile after a decided aggravation of symptoms. The drug action is likely to subside soon, and the curative or secondary action to take its place, and no more medicine may be needed at the time.

EXCEPTIONAL CASES.—The above instructions are given to suit exceptional cases, and we have been the more particular in giving them, because but little is said on these points in the books for family use, for the reason that usually the third and sixth preparations act promptly and efficiently. It is desirable, however, that these matters should be explained somewhat to those who cannot readily look to a physician for an explanation. The prescriptions given in this book, and the chapter on *Materia Medica* or the uses of the principal remedies, will mention the potency likely to be most useful.

Another fact not generally known, except by physicians, is, that under different conditions of the system, different preparations of the same medicine are desirable, and that some medicines do better in one attenuation, some in another; also, that the same

medicine with the same patient acts better in one potency for one set of symptoms, and in another potency for another set of symptoms; and again, as one grows old, and the constitution and habits change, different potencies and different remedies are required from those used successfully at an earlier period of life.

ALTERNATION OF REMEDIES.

If, after a careful study of the *Materia Medica*, two remedies seem about equally indicated in a given case, or no one remedy seems to cover the more important symptoms and two are found which seem necessary to the case, let them be used alternately, having regard to the directions found in other parts of this book.

Medicines which naturally *interfere* with each other will not usually be required in the same case at the same time. If they seem indicated they should be used several hours apart; or, one may be given during the morning and the other in the evening, or on alternate days; or the medicine covering the most important symptoms may be given alone until those symptoms yield, and then be followed by the other remedy alone. If it is a chronic case, the two remedies chosen may be given during alternate weeks.

Medicines which do *not* interfere with each other can be given as often as either one separately would be—that is to say, the same interval should usually

come between the doses of the two remedies as would have been between the doses of either one alone.

INTERFERENCE OF REMEDIES.

It occasionally proves to be of importance to know the relations of remedies to each other, as some medicines considerably modify the action of others, or entirely counteract or antidote others. This is a fact not usually mentioned in a domestic manual, and is even quite ignored by many practicing physicians; but we think it best to mention briefly some of these peculiarities of the more common remedies.

Acon. and *Bellad.* antidote each other, but, fortunately, the action of both is prompt, and, in proper doses, short lived, so that they can be given within an hour of each other if it seem necessary, or two or three doses of *Acon.* a half hour apart may be given, followed after an hour by *Bellad.*, the action of which continues longer; then *Acon.* again in an hour.

Acon. and *Bryon.*, however, do not interfere, and may be given in close alternation, or even at the same time.

Acon. antidotes *Chamom.* *Acon.* and *Nux vom.* antidote each other, and it is almost useless to give them at the same time.

Arsen. antidotes *China*, and if the two are given in close alternation, the *China* should be a low potency, say 2x or 3x, and the *Arsen.* as high as the sixth or even thirtieth.

Belladonna is antidoted by *Acon.*, *Coffea*, *Pulsat.*, according to what set of symptoms is most prominent.

Bellad. and *Bryon.* work well in close alternation in some troubles of the throat.

Bryon. and *Rhus tox.* antidote each other, but can be given in alternation with an interval of three or four hours, which allows each to have its action upon the system. A close prescriber will usually determine which of the two is *the* remedy, but there seem to be cases in which *both* can be used to advantage.

Bryon. and *Nux vom.* are often indicated in the same case, and may be given at the same time, if desired.

And so it is with *Bryon.* and *China*.

Camphor antidotes many remedies, and is especially the antidote to *Cantharis* and *Nux vom.*

China antidotes *Gelsemium*.

Chamom. and *Pulsat.* antidote each other, and as many troubles of women and children have their prominent symptoms under both these remedies, it is necessary to study the case carefully and determine between them.

Also, it is well to know that if too low a potency of *Pulsat.* has been given (as is frequently the case by persons not careful about their prescriptions), and the peculiar hysterical condition or other symptoms peculiar to *Pulsatilla* manifest themselves, 2 or 3 doses of *Chamom.* 3x may save the patient some hours of suffering.

COMBINATIONS OF REMEDIES.

As a rule, intelligent homœopaths are opposed to alternating or combining remedies, and with good reason. The physician who has all the points in his case before him, ought to be able, if well informed in materia medica, to determine *the one remedy* suited to the case at the time in almost every instance. But, unfortunately, the physician can not always find out all the symptoms, or is so pressed for time that he cannot immediately give the case the study it may require; and the non-professional prescriber is not supposed to have much knowledge of the materia medica or much experience. Here we are helped by the plan of *alternating* remedies, as mentioned above.

We have also a great advantage at times in the fact that by following certain rules, which we have not room to give the outlines of here, certain remedies can be so *combined* that when one has to prescribe for a disease common to a number of persons, the prescription will be suitable in almost every case, and at the same time sure not to be harmful to any one of them all.

To illustrate: In the treatment of the majority of cases of "piles," a very good prescription is *Æsculus* and *Hamamelis* alternately. (See that chapter.) Now, these two medicines work well together, or at least do not seem to "interfere," and if the prescriber chooses to put both medicines into the same

bottle, and let a double dose be taken, it is perhaps as well as if in separate bottles; and if for all the cases of piles for which he has to prescribe without knowing the special symptoms, he gives this combination, the *Æsculus* will cure those in which *Æsculus* symptoms predominate, and the *Hamamelis* will cure those to which it is suited, the partner in the combination remaining inert—that is, if the *attenuation* chosen of each remedy was one which would not produce “drug action” upon the system.

Then again, some medicines do not entirely interfere with certain others, but only *modify their action*: and, still further, it is found a matter of much importance in these combinations that the right potency of each of these factors should be chosen.

A careful study of these points, with much experiment, has resulted in the successful combinations which we are now receiving such gratifying reports from, coming from all parts of the civilized world—Catarrh Disks, Teething Disks, Arnica Oil Compound, the Homœopathic Remedy for Coughs and Croup, Goitre Powder, Suppositories A, B, C and D, etc. Of the common remedies which can be used at the same time, or in combination by putting into the same glass, or mixing in the same vial, we may mention, for the convenience of our readers: Acon. and Bryon., Arnica and Bryon., Arnica and Nux. v. Bellad. and Bryon., Bellad. and Merc., Colocy. and Merc., Bellad. and Ipec., Bryon., and China, Bryon.

and Nux vom., Acon., Spongia and Hepar sulph., China and phos. Any of these can be combined in the potencies prescribed in the following chapters.

PREPARATION OF POTENCIES OR ATTENUATIONS.

Many people are puzzled by the different marks used to distinguish the homœopathic preparations from each other. The following will explain: A cipher or 0 with a mark across it indicates the "prime" or "mother" tincture from which the other tinctures of most remedies are prepared. One drop of this, shaken for a certain time with ninety-nine drops of homœopathic alcohol (or, in some cases, pure water and alcohol mixed) gives us the first centesimal dilution or attenuation, marked "1." One drop of this shaken with ninety-nine of alcohol gives us the second attenuation, marked "2," and so on, as far as we please to carry it. Mineral and chemical substances that are insoluble in the crude form, also some vegetable and animal substances, have to be triturated or rubbed in a mortar for a certain length of time with sugar of milk, using one grain of the crude substance to ninety-nine grains of sugar of milk, which makes the first trituration, marked "1." Of this, one grain is taken and triturated with ninety-nine grains of sugar of milk, making the second trituration or attenuation, marked "2," and so on. If we take one grain of the crude substance to nine of sugar of milk, or one drop of the tincture to nine of alcohol, we have the first *dec-*

imal attenuation, marked 1x. Then of this we take in the proportion of one to nine for the second attenuation, which we mark 2x, and so on. In order rightly to develop the curative power of the remedy and to protect it from the influence of other substances which would change or modify or destroy its properties, many precautions have to be observed in preparing and preserving the medicines, which it is unnecessary to mention here. The utmost care and nicety are also required in the procuring and selection and preparation of the original tinctures and crude chemicals and other substances. Tinctures from the vegetable kingdom are, so far as is practicable prepared from the juice of the fresh plant when it is in its most perfect condition.

THE FORM IN WHICH THE MEDICINES ARE USED.—This is often more a matter of convenience, or of economy, or of taste, than anything else.

The *pellets* or *globules* are only pure sugar saturated, with an alcoholic solution of the medicines.

The cones are either pure sugar saturated like the pellets, or are triturations of the less soluble medicines, made up into the cone shape after the triturating.

The powders are sugar of milk triturated with the medicines as described on a previous page. The dilutions are also there described. The mother tinctures are alcoholic extracts from the medicinal plants, or solutions of the medicinal substances employed.

Almost any of these preparations, if properly made, will keep good for many years. Do not think that the globules or cones have lost their virtue because the alcoholic smell and moist appearance is gone. If they have been properly prepared and properly taken care of, the virtue remains.

UNRELIABLE MEDICINES—IGNORANT AND DISHONEST DOCTORS, ETC.—In speaking of the success of homœopathy, we mean the result of the intelligent use of reliable homœopathic remedies by well-educated, well-qualified and skillful physicians; and in the domestic employment of these means of cure, families should be so far as possible guided by the advice of such physicians.

Sound sense and good judgment are important requisites for either physician or layman in caring for the sick.

Although in almost any case the sick man's chances, present and future, are better in the hands of an inferior physician who intelligently employs good homœopathic medicines, than under the treatment of the very best "old-school" doctor, who is ignorant of the homœopathic law, and of homœopathic remedies, it is notwithstanding desirable to have all the chances in one's favor that can be secured. Don't be satisfied with an uneducated, incompetent, unreliable physician; or if you can't help yourself without being at the mercy of the allopath and his drugs, give homœopathy "the bene-

fit of the doubt;" and do not let the lack in the man and the physician be laid to the charge of homœopathy.

Some doctors have made a pretense of conversion to homœopathy and are sailing under her colors, because it is more popular, while they know little and care less about the principles and remedies of homœopathy. Look out for them! Beware of the doctor who says, "I practice both systems." Homœopathy and allopathy are exactly opposites. If one is true the other is a *fraud* and an *abomination*. How, then, can an honest man practice both?

MATERIA MEDICA.

Giving the Chief Uses of the Principal Remedies.

ACONITUM NAPELLUS.

(Aconite. Monkshood. A plant growing in Germany).

The 3x potency—In fevers, with dry, hot skin and intense thirst for cold water.

Hard, full and frequent pulse, restlessness, anxiety, flushing of face, quick or labored breathing, chills and shiverings followed by burning heat.

Spasmodic, dry, hard cough.

Croupy cough, if with fever symptoms.

Spasmodic croup.

Inflammation of eyes from cold winds.

Inflammations and congestions of all kinds *from taking cold*.

The 6th or 12th potency for sleeplessness with restlessness and nervous excitement or nervous trembling.

Neuralgia with congestion of head or face from anxiety or over excitement.

The action of Aconite is not of long duration and it *should be given frequently*. *At first every half*

hour until 3 or 4 doses have been taken, then once an hour. If the desired effect is not soon produced it is probable that Bryonia, Belladonna, Gelsemium, or some other remedy is necessary.

Acids of all kinds interfere with its action.

ANTIMONIUM TARTARICUM.

(Tartrate of Antimony—Tartar Emetic.)

The 3 x trituration. For greatly oppressed breathing from accumulation of mucus in the breathing tubes and lungs.

Inflammation of lungs with difficulty of raising mucus.

Croup, with choking up from phlegm.

Rattling or hollow cough, worse at night, with suffocation, throat full of mucus, sweat on forehead and vomiting of food.

Eruption on the skin like varioloid.

In croup, give two or three doses a half hour apart.

For other symptoms not so urgent, a dose every two hours may be sufficient. It should not be given long in so low a potency. If nausea is produced or increased, stop giving it.

APIS MELLIFICA.

— (The poison of the honey bee).

The 3 x trituration—For rapid, puffy swelling of various parts.

Sack-like bags under the eyes appearing suddenly.

Erysipelas with much swelling, and without much redness of surface or formation of vesicles.

Nettle-rash, and similar itching, stinging eruptions.

Scarlatina or diphtheria, where there is stinging pain in throat, with suppression of urine.

Dropsy, following scarlet fever.

Dropsy without thirst; scanty and high colored urine, burning.

Frequent urging and inability to pass water.

Incontinence of urine, with great irritation of the parts; worse at night and when coughing.

A dose every three hours.

The 200th potency is very useful in inflammatory rheumatism with disposition to puffy swelling of the parts.

A dose three times daily.

ARNICA MONTANA.

(Mountain Arnica—Leopard's-bane, from Germany).

The 1x potency gives prompt relief from the weariness and soreness of muscles resulting from *extraordinary* physical exertion, as in horseback riding, rowing, heavy house-work, farm-work, etc.

Also immediately after a fall, a severe blow or bruise, or severe concussion, especially if there is danger of a shock to the spine or brain.

Also after any surgical operation, and after childbirth.

Also soreness of the chest muscles after long coughing.

Arnica is also a valuable remedy for what seem

like rheumatic pains in elderly people who have done much hard work, but which are really only congestion of the tissue of over-strained muscles after a little extra exertion or taking cold.

Two or three doses an hour apart are usually sufficient.

A tendency to a continuous crop of small boils in a person whose system is reduced by hard work and perhaps poor diet will be cured by taking Arnica 3x three times daily and resting.

Externally.—One part of the tincture to ten of water is the best application known for removing the soreness and swelling, and preventing discoloration of parts, in bruises, fractures, dislocations, etc., the injured parts being kept wet with the lotion, and properly bandaged. If the patient is subject to erysipelas, or if the surface is torn and lacerated, Calendula or Hamamelis should be used instead.

ARSENICUM ALBUM.

(Arsenious acid. White arsenic.)

The thirtieth potency. For influenza. A dose every three hours.

Stoppage of nose with watery discharge which irritates the nostrils and upper lip. A dose every three hours.

Asthma; great difficulty of getting breath, cannot lie down for fear of suffocation. A dose every hour till relieved.

Intermittent fever of an irregular character, the

chill, fever and sweat being out of proportion to each other, coming at irregular intervals, or one of them entirely wanting. A dose every three hours.

Dumb ague or ague symptoms produced by taking too much quinine. A dose three times a day.

Typhoid fever with rapid prostration, dry burning skin, or cold clammy perspiration, intense thirst, trembling from extreme weakness. A dose every two hours.

Burning pain in stomach and bowels, with or without diarrhea, after eating ice-cream, or taking too much ice-water.

Cholera or cholera morbus, with violent vomiting and purging, burning pains in stomach and bowels, great restlessness and prostration. A dose every twenty minutes till better.

General dropsy, or dropsy of the chest or abdomen.

The 3x potency. For cancers and ulcers, when the raw surface burns like fire. A dose three times daily.

Poisoning from decayed or morbid animal matter. A dose every two hours till four are taken, then three times a day.

The characteristic symptoms of Arsenicum are rapid and great prostration, with sinking of vital forces. Pains, if any, of a *burning* character. All symptoms worse after midnight. Great thirst for cold water, drinking *but little at a time*. Cold water lies like a stone in the stomach or is immediately ejected.

BAPTISIA TINCTORIA.

(Wild Indigo.)

The 2x potency. For typhoid fever, first stages. Scarlet fever or diphtheria when typhoid symptoms threaten.

Ulcerated throat and tonsils.

Putrid sore throat.

In these and other inflammatory conditions resulting from blood-poisoning, Baptisia holds the same place as Aconite in simple fever. A dose every two hours.

BELLADONNA.

(Deadly Night-shade, from Europe.)

The 3rd potency usually, but many patients are very sensitive to the action of Belladonna and cannot use any potency lower than the 30th or 200th without aggravation of the symptoms, especially if the difficulty is of the brain or nerves. Belladonna is chiefly useful in inflammatory conditions, with bright red color of the parts, pain, great sensitiveness to light and sound. Pain comes suddenly and goes suddenly.

Inflammation of the eyes with dilated pupils, dread of light, etc.

Sore throat, with bright red color, feeling as if raw; pain when swallowing, especially liquids.

*Tonsils swollen, with bright red color.

Asthma in hot damp weather, worse after sleep.

Asthmatic paroxysm in afternoon and evening with sensation of dust in lungs.

Dry cough from dryness of throat, from tickling itching in back part of throat at the top, in the evening after lying down.

Cough from tickling at base of tongue as if one had inhaled dust, the uvula having relaxed titillates the back part of the tongue.

Hysterics; head feels as if boiled; finds fault with everything.

Toothache with throbbing and congested face.

Delirium, sees frightful visions.

Headache; pain in forehead with throbbing, redness of face and eyes, worse by movement.

Erysipelas, with bright scarlet surface without formation of vesicles.

Scarlet fever, with red, smooth, shining appearance of the surface.

Convulsions or delirium of infants from congestion of brain.

Pain in back, as if it would break, hindering motion.

Dull heavy pain in back near hips, with confusion of ideas from congestion of head.

Sleeplessness; very sleepy but cannot sleep.

A dose every two hours is frequent enough for most symptoms.

Belladonna is a preventive of scarlet fever if taken once a day during an epidemic.

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BRYONIA ALBA.

(White bryony, from Germany.)

The 3rd potency usually, for pleurisy, pneumonia, acute bronchitis.

Watery catarrh, frequent sneezing, pain in eyes and forehead.

Cough, dry, severe, with tickling under the breast-bone, or with labored, short, rapid breathing.

Cold in the chest; stitches and shooting pains, worse by coughing and deep breathing.

Hoarseness from a fresh cold.

Rheumatism of joints and muscles, worse by movement.

Constipation from torpidity of bowels or liver, the feces large and passed with difficulty.

Diarrhea in the early morning, caused by getting chilled.

Irritable temper; depression of spirits; from derangement of liver.

Bilious remittent fever with chilliness.

Typhoid fever with chilliness, lips dry and cracked, motion of jaws as if chewing.

(The 6th or 30th potency is best suited to these low conditions of the system.)

Weariness, lameness, stiffness of joints, with low spirits, from taking cold.

Headache, congestive or rheumatic, increased by movement.

Headache, with feeling as if brain would press through forehead on stooping.

Frequent bleeding of nose when menses should appear.

Wry-neck; stiff neck; from a chill. Cannot move the head.

Bloating, or puffiness of eyelids, from taking cold.

Sleep always troubled; dreams and talks of the day's business.

A dose every two hours.

Bryonia is particularly adapted to bilious and irritable temperaments, also to affections caused by exposure to cold, dry weather and piercing winds.

The pains for which Bryonia is curative are of the kind which are made *worse by motion*; better by resting.

CALCAREA CARBONICA.

(Carbonate of lime, prepared from oyster shells.)

This remedy is used chiefly in chronic difficulties, and many cases do well for a time with the 3d or 6th potency, as, for instance, the diarrhea of infants, or other cases where a few doses only are required. In chronic cases the 200th is often needed, and it is considered good practice to give the 6th and 200th alternately.

Calc. carb. is of great value in scrofulous and tuberculous affections, and other conditions resulting from defective assimilation and nutrition, with debility and emaciation: the flesh usually pale, soft and flabby.

Difficult teething.

Rickets.

Diarrhea of teething children, the stool being usually light colored and very offensive.

Skin of babe dry and flabby.

Openings between the bones of the head unusually large.

Much sweating of the head—wetting the pillow all about.

Self-willed children inclined to grow fat, but lacking strength of bone and muscle.

Scrofulous consumption, with tight cough, oppression in breathing, expectoration of yellow or green fetid pus, bleeding, hectic fever, night sweats, etc.

Menses too often, too profuse, and lasting too long. The least excitement causes them to return.

The action of *Calcarea* continues for a long time after the impression is made upon the system. The first three or four doses may be given three hours apart—after that a dose night and morning is sufficient. At the end of a week discontinue for a week, and then resume again, giving every other week, night and morning, as long as required for the cure.

CALCAREA PHOSPHORICA.

(Phosphate of lime.)

The 3x and the 200th potency alternately. A dose of each daily for

Babies which lose flesh; are not nourished by their

food; are slow in getting their teeth; will not stand or learn to walk; slow formation of bone.

Rickets; spinal curvature in young children.

Nursing mothers having infants with above symptoms; or mothers likely to have them.

Failing mental faculties of people past middle life.

CALENDULA OFFICINALIS.

(The French marigold, from France and Germany.)

The chief uses of Calendula are as an external application for cuts and wounds, either slight or severe, where the skin or tissues are torn and lacerated, or joints pierced, as in accidents on railroads or in machine shops, gun-shot wounds, surgical operations, etc.

The action of *the true* Calendula in these cases is wonderfully curative. controlling the bleeding, relieving the pain quickly, preventing the formation of matter, promoting union of the parts. and a tendency to heal without scars.

Use a teaspoonful of the concentrated tincture to a teacup of water, and after bathing the injured parts with this lotion, cover them with a bandage, kept wet with it.

Calendula Cerate, has been used extensively for dressing ulcers, sores resulting from severe burns and scalds, old sores, etc., but is now to a considerable extent superseded by *Calenduline*, which is a combination of Calendula Extract and pure

Cosmoline. The perfumed variety is an agreeable and convenient emollient for chapped hands and lips, excoriation and abrasions of the skin, itching and chafing of the skin of infants.

CAMPHORA.

(Camphor, the oil or gum of the Camphor tree in Asia.)

The genuine Rubini homœopathic tincture is the most useful preparation, because of uniform strength and most to be relied upon. The large sugar Pills, saturated with it, or the Camphor Cones prepared from it and pure sugar, are the most convenient form for instant use.

Camphor is an antidote to almost all the drastic (irritating, purging) vegetable poisons. Induces reaction from congested conditions caused by cold.

First, or chilly stage of catarrh or influenza: if given *promptly*, the disease is arrested.

In sudden sore throat or feeling of a lump in the throat from taking cold, Camphor relieves at once; also loss of voice, coming suddenly from a chill; also sudden strangury.

Dose for an adult, one or two drops or pills or cones every fifteen minutes. If the tincture is used, drop it on lump sugar. Hold the medicine in the mouth or throat as long as possible. Do not take more than three or four doses (except in cholera).

Inhaling Camphor gives relief in fainting fits and hysterics.

In cholera and cholera morbus its curative effects are very prompt.

In the Asiatic cholera of 1866 Rubini's Camphor was used in Europe with excellent success. Given every five minutes it produced reaction in a short time in multitudes of cases.

Camphor should be kept separate from other homœopathic medicines, as its odor injures some of them. It should not even be inhaled while taking other medicines, as it counteracts the effect of several of them.

CANTHARIS.

(Cantharides. Spanish Fly.)

The 3rd potency for—

Acute inflammation of bladder or kidneys; scanty, scalding or bloody urine; strangury; dysentery. Stools like scrapings of the intestines, shreddy, red, or white mixed with blood, with burning and biting pain when urinating. A dose every two hours.

Incontinence of urine from nervous excitement and hysterical condition. A dose of 30th potency every four hours.

CHAMOMILLA MATRICARIA.

(Chamomile, from Germany.)

The 6th potency for—

Fretfulness of teething children; must be carried up and down the room.

Difficult dentition: gums swollen and sensitive; one cheek red and hot; child irritable.

Infant's colic. with continual fretting.

Diarrhea of infants, from cold or teething, with green, watery, corroding stools, smelling like rotten eggs, and containing white particles; preceded by cutting pain.

Catarrhal cough of young children, with hoarseness and rattling of mucus in the throat.

Dry, hacking cough, one cheek red, the other pale.
A dose every two hours.

Earache from cold.

Toothache—nervous.

Neuralgia of face, with irritable temper.

Colic of adults, with soreness of the bowels, or, with pain *low down* in the bowels.

Nervous and bilious affections from anger and vexation.

A dose of 3x potency every hour.

The adult patient requiring Chamomilla is usually found peevish and irritable; cannot bear pain; can hardly answer a question civilly.

CHINA—CINCHONA OFFICINALIS.

(Peruvian bark, from South America.)

The 6th potency for—

Debility, with disposition to sweat, resulting from exhausting discharges, loss of blood, diarrhea, prolonged nursing, or other excessive waste of the system.

Night sweats.

Ringing in ears, and fainting spells.

Loss of appetite; slow digestion: food fermenting in the stomach with accumulation of gas, which does not seem lessened by belching.

Torpidity of liver; jaundice.

Chronic diarrhea.

Summer diarrhea, painless stools mixed with undigested food; much distension of abdomen.

Diarrhea, with stools yellow, watery, involuntary.

A dose every three or four hours.

Intermittent fever; chill every other day, each chill coming about three hours earlier.

A 2-grain dose of Chin. sulph., 1x trituration, every two hours for twelve hours before the time for the chill, and afterwards the same dose once an hour for three hours before the time for the next chill. This for a week. Then the same dose in the evening before *every seventh* day from the last chill, for at least four weeks. Some say for *thirteen* weeks, to make sure of no return.

CINA ANTHELMINTICA.

(Wormseed, from Asia.)

The 3x potency for—

Symptoms of Thread worms—picking and digging at the nose; grinding the teeth at night; paleness about the mouth; blue semi-circles about the eyes; convulsions or spasms; voracious appetite alternating with poor appetite; desire for sweets; itching at the anus; diarrhea; wetting the bed; cutting pains in the abdomen; hoarse hollow cough.

A dose three or four times daily.

The 200th potency, every hour a dose, is curative for—

Fever of young children; commencing every evening with chill; then burning heat of whole face; redness of cheeks: thirst; fever lasts all evening and night, and Aconite does not relieve.

COFFEA CRUDA.

(Raw Coffee, from Arabia.)

The 6th potency for—

Unnatural sensitiveness of the nervous system.

Increased and morbid irritability of the organs of sense.

Wakefulness of infants and old people; mental faculties and senses unusually active; seems impossible to keep the eyes closed.

Sleepless because of crowding of ideas into the brain.

Headache from unusual activity of mental faculties.

Toothache—nervous—with above indications.

A dose every half hour.

The 200th potency every half hour promptly relieves nervous sufferings of highly excitable children and hysterical women. Also—

The almost insupportable pains which some women feel during or after labor, accompanied by great nervous excitement.

COLOCYNTHIS.

(Colocynth. Bitter Cucumber, from Asia Minor.)

The 3x trituration for—

Colic—sharp, griping, with much flatulence, and with diarrhea.

Cutting colic of infants, causing sudden, sharp cries.

Violent colic, causing the patient to bend double; or so severe that the patient wants to press the corner of the table into the abdomen; with restlessness, moaning and lamenting.

A dose every fifteen minutes.

Sciatica—drawing, tearing pain in leg from hip to knee; the nerves of region of hip joint suffer most.

A dose once in two hours.

GELSEMIUM SEMPERVIRENS.

(Gelsemium. Gelseminum. Yellow Jessamine.)

The 3x potency, except in cases where the remedy has to be continued for some days, then the 6th potency is best.

Gelsemium affects both the nervous and the muscular systems, and its symptoms have a similarity to those of Aconite and Belladonna. It is chiefly of use for—Sudden headache with dizziness, heaviness, dullness, and a state of half stupor.

Sunstroke, with similar symptoms.

Headache, beginning at top of spine, and extend-

ing forward till causing a bursting pain in forehead and eyeballs.

Headache with pain over right eye, flushed face, blood-shot eyes.

Brain fever, when a few doses of Aconite have failed to give relief.

Scarlet fever. simple, with great restlessness, when Aconite and Belladonna fail to bring out the eruption full and bright.

Simple fevers of women and children when Aconite is not sufficient, or when there is congestion of the brain which Aconite does not relieve, and no delirium calling for Belladonna.

Fever without thirst; patient wants to lie still, has inflamed tonsil on right side.

Nervous conditions for which morphine and chloral are often prescribed on the supposition that "nothing else can be done."

Nervous rigors with chattering of the teeth and shivering without chilliness: from fright, mental emotion, or hysterical disposition.

Cerebro-spinal meningitis, head drawn back to one side.

Neuralgia, with nervous twitching, especially of left side of the face.

Hysterical spasms, occurring suddenly.

Causeless nervous excitement of hysterical patients.

Sleeplessness and mental apathy of drunkards.

A dose every hour: after three or four doses not so often.

Incontinence of urine in old persons from partial local paralysis. Put six drops of the pure tincture into half a glass of water, stir well and give a teaspoonful every half hour till improvement begins.

HAMAMELIS VIRGINICA.

(Witch-hazel.)

The 1x for—

Congestion of the veins or weakness of their coats, resulting in bleeding from nose, mouth, stomach, lungs, bowels, uterus, or anus; the blood being of a dark venous character, and flowing steadily. A dose every fifteen minutes for an hour.

Varicose veins, not ulcerated. A dose three times a day. Also apply a compress wet with Distilled Extract of Hamamelis, and well covered with oiled silk.

Painful and bleeding piles, with sensation as if the back would break. A dose every two hours, and frequent applications of Hamamelis cerate or Halsey's Pile Cerate.

Pain low down in back after heavy work, so severe one does not want to move; excessive weariness and tired feeling. A dose every hour till relieved.

Discoloration from a bruise: bathe with the extract.

Hamamelis may be substituted for Arnica in case of patients liable to erysipelas.

The Distilled Extract of Hamamelis has long been a household remedy, a sort of pain-killer and

cure-all. It is manufactured by several different establishments and sold under different names, such as Pond's Extract, Marvel of Healing, Extract of Witch-Hazel, etc. Halsey's Extract will be found equal to any.

HEPAR SULPHURIS CALCAREUM.

(Hepar Sulphur. Liver of Sulphur. Sulphuret of Lime.)

The 6th potency, for—

Sore throat with sense as if a lump or plug on swallowing.

Scraping in throat, impeding speech but not swallowing.

Stitches in the throat extending to the ear, worse when swallowing food.

Sensation as if a fish-bone or splinter were sticking in the throat.

Slow heading and pointing of boils, carbuncles or other abscesses.

A dose every three hours.

Skin unhealthy; disposition to boils; every scratch becomes a sore.

Eruptions at side of the mouth and on the chin.

A dose three or four times a day.

The 200th potency for—

Inflammatory affections of the windpipe.

Chronic bronchitis.

Wheezing breathing.

Hoarseness in the evening.

Tendency to croup.

Extreme sensitiveness of skin to cold air, the least exposure bringing on cough.

A dose three times a day.

Croupy, choking, strangling cough, brought on by exposure to dry, west winds.

Croup, with choking, strangling cough.

A dose every hour.

Hepar Sulph., in this potency (200th), if properly prepared, is certain, in almost every case, to break up or prevent a cold, if given as soon as the first symptoms are observed; or, what is better, immediately after exposure. Its action will be found perfectly marvelous. One dose, or two an hour apart, is sufficient. Children subject to croup are usually safe from its attacks if this remedy is given whenever they have been exposed to the damp, raw winds which induce this ailment.

IPECACUANHA.

(Ipecac, from South America.)

The 3d potency for—

Asthma—spasmodic.

Whooping-cough, with spasms and rattling breathing.

Whooping-cough with nose-bleed; vomiting; child loses the breath; turns pale or blue, and limbs become rigid.

Cough—constant; no phlegm raised, although wind-pipe seems full; strangling on account of accumulation of phlegm.

Cough—croupy—at night; fat children, especially.
Nausea or vomiting from simple derangement of stomach..

Headache, with nausea; sick headache.

Diarrhea; stools grassy green with nausea and griping, pinching pain about the navel.

A dose every hour till better.

KALI BICHROMICUM.

(Bichromate of Potash.)

The 3x trituration for—

Croup, in the early or formative stage; very tough mucus, almost strangling the patient.

Membranous croup; or,

Diphtheritic croup, with

Voice hoarse, uncertain; cough hoarse, metallic; swallowing painful; tonsils red, swollen, covered with false membrane difficult to detach, with

Expectoration of tough, stringy mucus, and coughing up of casts of elastic fibrous nature.

Diphtheria, with tough, stringy, ropy mucus; patches dotted here and there on tonsils; pain shooting up into the ear: bladder-like appearance of the uvula (hanging palate), with much swelling, but little redness.

Whooping-cough with tough expectoration.

Sore throat; uvula relaxed, with sensation of a plug in the throat.

Ulcers in the throat, discharging cheesy lumps, of offensive smell.

Back part of throat dark red, glossy, puffed, showing branches of pale-red blood vessels.

Loss of smell from acute catarrh.

Bad odor from the nose, on account of catarrh.

Nasal catarrh, with tough, ropy discharge, or of tough, green masses or hard plugs.

A dose every hour until two or three are taken, then, if the remedy is needed, give less and less frequently.

MERCURIUS SOLUBILIS.

(Hahnemann's Soluble Mercury.)

The 6th potency for—

Mumps. It suits almost every case. Give three times a day.

Inflammation of ear with stinging, tearing pains, discharge of pus, green, offensive, glands swollen.

Thrush, canker of the mouth.

Drooling of infants at time of teething.

Toothache, with ulceration of gums, gum boils.

Sore eyes, the lids sticking together in the morning.

Soreness of jaw after taking cold in decayed teeth, all the teeth on that side feel too long.

Catarrh with profuse secretion of mucus.

Sneezing cold, "snuffles," of infants.

Jaundice, yellowness of skin and white of eyes.

Diphtheritis, tonsillitis, etc., with great salivation.

Sore throat with swelling, pain, difficult swallowing and ulceration.

Ulcers on tonsils and back part of throat; dirty, flat, unhealthy looking.

Tongue red, with dark spots, or dirty white color.

Liver torpid.

Diarrhea with griping pains before stool, frequent bilious discharge, straining and urging at stool, the griping pains being relieved by the movement of the bowels.

Dysentery, the stools bloody, or of mucus mixed with blood; with straining and urging worse at night.

A dose every three or four hours.

All complaints for which Mercurius is required have the peculiarity of being worse at night, with a tendency to sweat, which does not relieve.

MERCURIUS BIJODATUS.

(Biniodide of Mercury.)

The 3x trituration is superior to the other preparations of mercury for—

Sore throat; diphtheria.

Toothache, from ulceration of the teeth.

Catarrh, with sudden and profuse secretion of mucus, irritating the throat.

After two doses one hour apart, give every two hours for once or twice, after that twice a day.

Also for whitish yellow or bloody discharge from the nose, raw feeling of back part of the nose, swelling and disease of the nasal bones. A dose three times a day.

MERCURIUS CORROSIVUS.

(Corrosive Mercury.)

The 3rd trituration is superior to other preparations of mercury in the treatment of dysentery.

NUX VOMICA.

(Vomit-dut.)

The third potency for—

Headache, with giddiness, congestion of face, and constipation.

Sick headache occurring periodically.

Headache from mental weariness, or from want of physical exercise, or want of sleep; or from over-eating, or after intoxication.

A dose every hour.

Cold in the head, with stoppage of the nasal secretions, causing headache.

Catarrh; nose running during the day, at night stopped up.

A dose every three hours.

Loss of sleep; waking at 3 A. M.; lies awake for hours with congestion to brain; falls asleep late in morning with troublesome dreams, and rises unrefreshed.

A dose three times a day and at night.

Heartburn; water-brash; flatulence of a spasmodic character like hiccough; much sour belching; food lies like a stone in the stomach.

A dose every hour.

Hypochondriasis of studious men sitting too much. with dyspepsia and abdominal complaints.

Constipation with ineffectual desire for stool, or passing frequently small quantities, with a "cannot-get-done" feeling.

Drowsiness—excessive; cannot keep from falling asleep long before bed time.

A dose three times a day.

Piles; from constipation, the excessive use of coffee, or purgatives.

A dose every night, followed by a dose of Sulphur, 6th, every morning.

Nux vomica is especially suited to the complaints of very particular careful persons inclined to get excited and angry, or to be contrary. The potency required varies much with individuals, and according to the part of the system affected. The third suits most cases. Persons whose nerves are less sensitive from using strong coffee, much tobacco, or other drugs, usually require 3x or even 2x to affect them favorably. Delicate women and children do better with the 6th. Complaints arising from organic affections of the brain or spinal marrow often require the 30th and 200th potencies.

PHOSPHORUS.

Usually the 6th potency (but in sensitive conditions of the lung the 30th potency is required) for—

Inflammation of the lungs, especially in children, with burning or very sore feeling.

A dose every two hours, alternating with Aconite every hour if there is fever also.

Bronchitis—chronic, with much constitutional irritation.

A dose twice a day.

Hoarseness, with loss of voice.

Cough, dry, or with expectoration of rust-colored mucus, or mucus streaked with blood. the cough accompanied with sharp, “sticking” pains in chest.

Cough—chronic.

Cough—dry—tickling, in evening. with tightness across chest; expectoration in morning.

Cough worse coming from a warm room into the cold air.

A dose every three hours.

Consumption. It moderates the cough and diarrhea and relieves the congestion of the lungs.

Diarrhea—chronic, wasting.

A dose three times a day.

Frequent diarrhea in cholera seasons; discharges gushing forth as from a hydrant; no control over it.

A dose every two hours.

Constipation; feces slender, long, narrow, dry and tough, like a dog's, and voided with difficulty.

Debility; physical and nervous, from loss of animal fluids or excesses of any kind.

Brain-fag.

A dose three times a day and at night.

Phosphorus is well suited to the complaints of tall, slender, slim patients.

- PODOPHYLLUM PELTATUM.

(May Apple. Mandrake.)

The second trituration is most useful for—

Diarrhea of teething infants; frequent chalk-like stools, often very offensive, with gagging and excessive thirst.

Diarrhea—of infants--dirty water soaking through everything.

Diarrhea with hot, watery stools.

Diarrhea with frequent, painless, watery, gushing, fetid stool, with mealy sediment mixed with mucus.

Diarrhea, stools offensive, preceded by griping, colic, with heat and pain in anus.

Diarrhea, bilious, with griping; very copious evacuations.

Diarrhea immediately after eating or drinking.

Irregular action of the bowels, stools too frequent, natural, but exhausting.

Constipation and bilious diarrhea alternating.

Constipation with stools, pale, hard, dry or clayey voided with difficulty; flatulence, headache.

Small quantity of food satiates, and sudden nausea comes on resulting in vomiting.

Faintness with sensation of emptiness in abdomen after stool.

Falling of the bowel (prolapsus ani) in infants or young children after straining at stool or from motion.

Rolling of the head during difficult dentition.

Perspiration abundant on the head, with coldness of the flesh while teething.

A dose every three hours.

PODOPHYLLIN.

(The Resinoid of Podophyllum.)

The 3x trituration for—

Torpidity of the liver, causing dull feeling of the head, depression of spirits, flatulence, constipation, loss of appetite, vertigo, giddy feeling, tendency to fall forward.

A dose every three hours.

PULSATILLA NIGRICANS.

(Wind Flower, from Germany.)

The 3rd potency, for—

Indigestion from eating rich or fatty food.

A dose every hour.

Fat food disagrees with the stomach even in quantity necessary for health; the mention of it disgusts.

A dose three times a day.

Simple diarrhea from indigestion.

A dose every two hours.

Measles.

Stye on eyelid.

Earache of children, with gathering in the ear.

Catarrhal symptoms; inflammation of nasal membranes with or without discharge; loss of smell and taste.

Stoppage of nostrils so that breathing must be through the mouth, with dry or feverish feeling, and depressed, weak condition.

Catarrh with bland, colorless mucus and later a yellowish green discharge.

Hysterical condition, disposition to cry at everything—in women and girls of mild, gentle, yielding nature.

Menses suppressed, or too long and scanty, particularly if caused by getting feet wet.

Menstrual colic with great restlessness, tossing in every possible direction.

All evil results from irregular menses caused by getting feet wet or otherwise taking cold.

Piles, protruding, painful and bleeding easily.

Wetting the bed, particularly in little girls.

A dose every three hours and at night.

Thirstlessness is a peculiarity of Pulsatilla patients. They rarely have violent thirst with any complaints. Also, they usually feel better in the open air, and worse on entering a warm room.

Women subject to frequent or profuse menses should not take the third potency of Pulsatilla. The 30th is low enough, and many sensitive patients require the 200th.

RHUS TOXICODENDRON.

(Poison Oak. Poison Ivy.)

The 3rd potency, for—

Pain, stiffness, lame feeling, *on first moving after*

a rest, or on getting up in the morning, *relieved by continued motion.*

Rheumatism with similar symptoms.

Complaints caused by getting wet in a rain while over-heated.

Restlessness at night in patients subject to rheumatism; have to change position frequently.

Muscular rheumatism of left side: sciatica of left side.

Erysipelas with little vesicles (or like blisters).

Severe sprains of tendons or ligaments. (The 30th potency is best for this symptom.)

A dose every two or three hours.

SILICEA.

(Pure Silica.)

The 200th potency, for—

Scrofulous ulcers, felons, abscesses. It promotes healthy suppuration and proper healing of all such inflamed conditions of the tissues.

Sores and eruptions following vaccination.

Consumption; cough with pus in the expectoration.

A dose night and morning.

SPONGIA TOSTA.

(Roasted Sponge.)

The 3x potency, for—

Croup, in early stage.

A dose every other half hour alternating with Aconite.

Cough; dry, barking, hollow, croupy, or wheezing and asthmatic.

Cough; dry, day and night, with burning in chest.

Hoarseness with dry cough and difficult breathing.

Sensation as if a plug in the windpipe, with difficult breathing.

Incessant cough from low down in the chest, where there is a sore pain.

Burning sore pain in chest and bronchial tubes with rawness of throat when coughing.

A dose every two hours.

Goitre.

A dose twice a day.

SULPHUR.

(Sublimed Sulphur, Purified.)

The 6th potency, for—

Skin eruption with itching which is relieved sometimes by scratching, and made worse by the warmth of the bed.

Piles, with external itching.

Piles, with chronic constipation. (See *Nux vomica*.)

Sick headache every week or every two weeks, with much heat at top of head.

Diarrhea, some hours after midnight or driving out of bed suddenly every morning.

Dislike of infants to be washed.

Scrofula and rickets.

Scrofulous sore eyes.

Tendency to frequent boils.

Black pores in the skin of the face.

Rheumatism and rheumatic aching. Some physicians call it "the king of remedies" in this disease.

A dose three times a day.

VERATRUM ALBUM.

(White Hellebore, from Switzerland.)

The 6th potency, for—

Diarrhea or cholera with violent vomiting, cramps, and great prostration.

Cold sweat on forehead in almost hopeless cases of croup, cholera, or cholera-morbus.

A dose every half hour.

Great prostration in cases of children's ailments; neck too weak to hold head up, particularly in whooping cough.

A dose every three hours.

SPECIAL PREPARATIONS.

NOTE.—Parents or nurses in care of the sick have not always the time or the inclination to study out the case in all its details, and determine from suitable books what remedies are required.

If the advice of a good physician can readily be had, they wisely apply to him; but a physician in whom they can place confidence, and whose treatment they consider safe, is not always at hand when wanted; or, if easily to be found, it may be they do not care to call him in a case of a simple character. At the same time they do not feel quite satisfied without doing something.

It is to suit just such cases that our "*special preparations*" are offered.

Each one is a general remedy *suiting almost every case* of a certain *limited class of ailments*; far more likely to relieve or cure than "patent medicines" and "cure-alls;" or the treatment of the average "old-school" doctor; and far safer, for, if they do no good, *they will at least do no harm*.

These preparations are, some of them, combinations of two or more valuable remedies, and are all based upon the prescriptions of experienced and successful physicians. They have also been well tested, and have received high commendation from physicians and the public.

If we should print all the testimonials which we have received, or could readily obtain for these articles, there would be room in our book for nothing else. We shall therefore content ourselves with inserting here and there one or two specimens.

After a long experience in the sale of them, we are confident that we are doing a good thing for the rest of the world, by calling attention to them in this publication, and giving them a place in our *Materia Medica*.

We are so thoroughly satisfied of their merits that we will cheerfully refund the money to any one who uses them according to instructions, and receives no benefit from them.

 Full directions accompany each package.

ANTIDOTE TO MALARIA—Ordinary intermittent fever; fever and ague; chills and fever; brow ague; bilious remittent fever; neuralgia with attacks occurring periodically or other indications of malarial origin or complication.

The Antidote is also a sure preventive of the evil effects of *malarial poison*, and as such it is invaluable to travelers in malarial districts, and to others exposed temporarily to malarial influences. (See also Napiform Tonic.) It is *not* recommended for the cure of agues resulting from over-dosing with quinine.

The Antidote is widely known and extensively used among physicians: Its reputation is not confined to this country.

A letter from Bangkok, Siam, dated March 25, 1885, reads: "The malarial pills have been of great value. We have had plenty of use for them and I have longed for another supply."

ARNICA OIL COMPOUND.—An external application for rheumatism and neuralgia and for all rheumatic and neuralgic pains and lameness, including sciatica and lumbago.

See the following:

GENTLEMEN:—I was first afflicted with rheumatism in my back and hips from which I was a constant sufferer from January, 1882, till the close of 1883, when sciatica set in, from my hips to my knee joints. My sufferings were such at times that death would have been a relief. I was treated by three different physicians; but with no permanent benefit. But on the 26th of April, 1884, I received a can of your Arnica Oil Compound and a box of Napiform Tonic and commenced using them according to your directions. I experienced relief from the first, and in about two weeks was able to walk a mile or so with-

out much difficulty. I continued using the Compound till about the middle of June, walking more or less every day. On the 7th of July I walked over twenty miles without any bad results. Have had no symptom of sciatica since I got up. I occasionally have slight rheumatic pains; but an application of the Compound speedily removes it. I take pleasure in recommending it to any that I see afflicted, for I know what it has done for me.

Very respectfully yours,

D. M. HILL.

LaFAYETTE, Stark Co., Ill., Dec., 30, 1884.

In severe *sprains* this preparation frequently rubbed in, rapidly restores the use of the joint or limb; and for burns, scalds, chilblains, boils and carbuncles, bites and stings of insects, it is the best household remedy we know of.

CALENDULINE.—Chafing, chapping or excoriation of the skin. Also as a *dressing* for all cuts, wounds, old sores, ulcers, bad burns, scalds and blisters, gunshot wounds, wounds from machinery, or any wound in which the skin or tissues are lacerated.

In the nursery it is especially useful for the chafing of the delicate skin of infants.

It is also very successful in curing obstinate diseases of the skin—ring-worm, tetter, shingles, salt rheum; and diseases of the scalp, such as scalled head, milk crust, dandruff, etc.

It is a most excellent, healthful and economical hair-dressing; and is especially recommended if the scalp is unhealthy, or the hair is dry and falling out;

I have used your Calenduline extensively in my practice for several years, and can recommend it as, in my opinion, the best compound in use for getting the wonderful curative effects of Calendula. It is excellent for burns, chafing of nursing infants, or of adults, in hot weather. It keeps the hands soft and pliable in cold weather; cures chapped hands; is an excellent dressing for all kinds of abrasions of the skin, and especially for those caused by excoriating discharges.

M. S. CARR, M. D., Galesburg, Ill.

Have used your Calenduline for two or three years, and find it to give good satisfaction, especially in chapped hands, cuts, suppurating sores, etc. Used it considerably last winter for cases of vaccination, where the arm was a long time healing, with good results,

J. D. DICKINSON, M. D., Galva, Ill.

A physician of Indiana writes, September 18, 1884:

Please send me a can of Calenduline, same as in the metal tubes. * * * This Calenduline is one of the handiest and nicest preparations I have ever used.

A physician of Northern Iowa writes, September 16, 1884:

Your preparations are very satisfactory, especially Calenduline; there are so many conditions in which it is the best application which can be used.

PLAIN CALENDULINE has the same uses, but is not perfumed. Farmers find it very useful to keep their

hands soft and free from cracks and chafing when husking corn, plowing, etc. Machinists use it for cuts, scratches, and small wounds, and farmers and farriers find nothing else which equals it for galling, chafing, sore shoulder, wounds of all kinds, ulcers, swollen teats and udders, grease, mange, scratches, cracked hoof.

CONSERVE OF CALENDULA WITH ROSES.—A very delicate preparation in the form of jelly, much in favor with the ladies, for chapped hands and lips, and to keep the skin soft and healthy.

CAMPBOR CONES (specially mentioned under Camphor, page 87).—The most convenient form for the administration of camphor in cholera, cholera morbus, cramps, sudden chills, etc.

Directions on the bottles.

CATARRH DISKS.—A very successful family remedy for either acute or chronic catarrh, cold in the head, common cold and cough, acute bronchitis, catarrhal hoarseness or sore throat from recent cold, catarrhal deafness, influenza, hay-fever, croup in its first stages.

They are also exceedingly valuable as a preventive of any evil effects from taking cold.

A lady at Dehra Dun, N. W. Provinces, India, writes, June 11, 1884:

I cannot tell you what a blessing our precious store of medicine has been to us. * * * The Teething Disks and Cough (Catarrh) Disks act like magic.

A physician of New Jersey, writes, September 27, 1884:

Please send me three boxes of your excellent Catarrh Disks. I have a chronic case I wish to try them for. They seemed so helpful in obstinate cases, while I was practicing in —, that I am desirous to have them on hand again.

A lady in Japan writes, September 16, 1884:

I found the Catarrh Disks, sent me last fall, were very beneficial to myself and family, and I would like to have four boxes more sent me, by mail.

Not long ago a physician in New York State ordered, with other goods, one dozen boxes Catarrh Disks, for trial as a general remedy in common colds. His next order read:

Please duplicate my order of — date, except of Catarrh Disks; of those you may send me *three* dozen boxes. I like them much.

CINCHO-CARBON TABLETS.—The new remedy for slow digestion, fermentation of food in stomach and bowels and accumulation of gas, flatulence, nausea, fetid breath, constipation, and other symptoms of *dyspepsia*.

Sick headache is soon relieved by these Tablets, taken once an hour, and in “morning sickness” it often brings great relief when other remedies fail.

Repeated orders from our best physicians testify constantly to the value of this preparation.

EYE BALM.—Suited to almost every case of inflammation of the eyes, sore eyes, weak eyes, styne on eyelid, and disposition to styes.

It is used internally as well as externally.

LACTEAL SYRUP.—For increasing the lacteal secretion in nursing mothers.

It also aids in making the milk more healthful to the infant, and builds up the constitution of both mother and child.

It is a preparation we have made for many years, and of late have improved upon. It is in great favor with experienced physicians and nurses.

A lady in Nebraska writes August, 4, 1884:

I received the Lacteal Syrup in due time, and am much pleased with it. My babe showed signs of improvement at once. My milk increased, and I felt better than I have since my babe was born.

NAPIFORM TONIC—A true tonic, not a stimulant. *Napiform* seems to have *no effect* upon the system when there is a perfectly healthy condition. An amount sufficient for fifty full doses can be taken at one time without harm.

Its effect seems to result from its *power to change the electrical condition of the system* from a negative or passive and receptive state, to a positive and

active one. Thus a "tone" is imparted to the nerve forces; the processes of digestion, assimilation, secretion and elimination are properly carried on, and the system resists or overcomes disease germs and endemic influences.

The action of Napiform is ready and prompt. Often only one or two doses are required, if due regard is had for the rules of hygiene.

Napiform is particularly recommended in *intermittent, remittent, bilious and malarial fevers, spring fever, debility, sudden weakness or faintness* without apparent cause; loss of appetite, *failing of mental or physical strength* in *rapidly growing children*, or in *elderly people*; also for *neuralgia, brow-ague, lumbago, sciatica*.

Napiform will be found a valuable aid to those who are trying to give up the use of intoxicating liquors, tobacco or other stimulants. A dose of Napiform, and a cracker or biscuit or a drink of milk, will relieve the craving or the depression of the system.

An extended experience with it proves that patients who have been liable to frequent attacks of acute catarrh, influenza, ulcerated sore throat, diphtheria, bilious or nervous fever, neuralgia, etc., according to their peculiar inherited or acquired weaknesses, are comparatively or entirely free from such attacks, if by the use of the *Napiform Tonic* they keep the system in its proper condition of resistance.

A missionary friend in the north of India writes us under date April 13, 1885.

"We have found all your medicines most useful, *especially* the *Napiform Tonic*. I have used it very successfully for Europeans and heathens and native Christians, and it has been in such demand that we have scarcely half a dozen cones left. They have acted like a charm in cases of fever, neuralgia, or nervous debility."

(See also Rev. Hill's letter on page 110.)

Mrs. M. U. Smith, of Elyria, O., writes September 19, 1885:

"You will find enclosed one dollar for more of your *Napiform Tonic* as recommended by my son, Dr. J. W. Underhill, of Van Wert, O. It is doing me a great deal of good. I believe it has saved my life."

NIPPLE SALVE.—For sore nipples, excoriation and *chafing* of infants and *fat persons*. *Safe and effective*.

PILE CERATE.—For blind, bleeding, internal or external piles.

The medication of this Cerate is almost identical with that of our Suppository A, which has been so successful. In many cases of hemorrhoids the parts are so extremely sensitive to the touch that the use of a suppository is attended with more or less pain.

Our Cerate proves to be very quickly *soothing* and *curative*, and even large and very painful tumors are soon reduced by its action.

Its occasional use in patients liable to a return of the difficulty, will prevent trouble and ultimately entirely cure the disposition to hemorrhoids, if proper care is taken of the general health.

Rev. R. B. Guild, Sterling, Kansas, writes:

"I received the Pile Cerate all right and it did its work effectually. Many thanks."

PREScription No. 610.—A specific for disorders of the kidneys and bladder. Inflammation; incontinence of urine; wetting the bed; frequent, painful, or scalding urination; urine bloody, muddy, or depositing mucus or pus or red sand; difficult urination, passing only in drops.

SPECIFIC, FOR COUGH AND CROUP.—This preparation has been exceedingly successful in our local domestic trade as a general household remedy in *coughs* and *colds*, and for the cure or the prevention of *croup*.

It is in the form of syrup, is agreeable to take or to administer, and is very economical.

REMEDY FOR SALT RHEUM.—We have never known it to fail; it is also very successful in treating scalled head and eczema.

It consists of a jar of ointment, and two vials of remedies to be taken alternate weeks; all in neat box with full directions.

SPECIFIC, FOR POISONING BY RHUS.—(“Poison Oak,” or “Poison Ivy.”)

This Specific seems to give prompt relief from the distress caused by Rhus poisoning, whether it be a recent case or one that has become chronic.


A jar of Cerate and a vial of cones to be used in connection with the application of the Cerate.

SUPPOSITORY A.—For piles; blind or bleeding, internal or external, with full directions for treatment of piles and constipation of the bowels.

SUPPOSITORY B.—For home treatment of falling of the womb; chronic congestion, inflammation or ulceration of the womb; and uterine leucorrhea.

SUPPOSITORY C.—For leucorrhea.

SUPPOSITORY D.—For painful menstruation.

 All of the above Suppositories have proved very useful, and abundant testimonials from physicians and laymen have been received by us as to their efficacy, but we do not publish any such letters. We guarantee the safety of their use, and we *refund the money if they are not beneficial*.

Full directions accompany them.

SULPHO-CARBOLATE OF SODIUM.—Our own special preparation. Valuable for the prevention or treat-

ment of scarlet fever, diphtheria, puerperal fever, malignant erysipelas, and other diseases caused by *blood poisoning*.

It is given three or four times a day, either dry on the tongue or dissolved in a little water: one or two grains for a child, three or four grains to an adult. It is said not to interfere with other remedies, and to act entirely by destroying the poison absorbed by the blood. Used as a *preventive* of diphtheria or scarlatina in case a child has been exposed to the epidemic, it either prevents entirely the attack. or makes it very mild and easily managed.

TEETHING DISKS.—This simple combination of homœopathic remedies in a form easily administered reaches the chief *troubles of the teething period*, and is a great comfort to mothers and nurses who can not readily consult a homœopathic physician, and have had no experience with domestic manuals or the selection of remedies on their own account. They are a help in every case of *rickets*, *bad assimilation of food*, *indigestion* and *emaciation*; also for *painful teething*, *soft, flabby flesh*, etc., also in *fever*, *restlessness*, *fretfulness*, *sleeplessness*, *colic*, *gripping*, *sour vomiting*, etc.

If used early, in cases where there is danger of “rickets” on account of scrofulous tendency—an improved constitution and a healthy growth may be expected.

In many cases where there is difficulty in finding a suitable food, the use of the Disks may be all that is required to regulate the whole matter. A good, well-selected food will digest and be assimilated.

"I find the Teething Disks about *the best medicine ever invented* for poor, suffering babies, and my own babe is a most excellent specimen of what they are good for. When I began using them, in August, she was a mere skeleton, what I call "a starved-to-death" patient, although having the best of food and nursed at the breast, but never gaining any flesh or showing any change from the time she was a month old until two months since. After a thorough treatment with the Disks, she began to improve, and is now as hearty and healthy a babe as can be found anywhere; weighs twenty pounds, and is firm and solid and rosy-looking as can be."

Mrs. J. G. PROSSER, M. D.

Edgar, Neb., Dec. 12, 1884.

CLINICAL INDEX.

ABSCESSSES.

See *Silicea*, page 106; also see "Boils" and "Whitlow."

AFTER-PAINS.

Aconite, 3x or 6, every half hour until three or four doses have been taken, relieves in ordinary cases. If the patient is of exceedingly sensitive organization, Coffea 200th, a dose every hour is the proper remedy. Dr. J. S. Douglas always prescribed Caullophyllin 3x. An injection into the vaginal canal, of Calendula and water, one part of Calendula tincture to fifteen or twenty parts of tepid water aids greatly in preventing these pains, and in giving rest to the over-strained tissues and ligaments. This injection will aid the healing of any laceration of the parts which may have taken place.

AGUE.

See "Fever and Ague."

AGUE CAKE.

See "Inflammation of the Spleen."

APPETITE UNHEALTHY—LOSS OF APPETITE.

See China, page 89; Cina, page 90; Merc., page 98; Podophyll., page 104; Napiform, page 116.

ASTHMA.

See Arsenicum, page 79; Belladonna, page 81; Ipecac, page 96; Napiform, page 115; Oxygen treatment, page 137.

Change of residence is often advantageous in obstinate cases.

BACK—CRICK IN.

Aconite, 3x, every half hour, for recent cases. If this does not relieve after four doses, take *Cimicifuga* 3 every two hours. In tedious cases, or in patients subject to rheumatism, the *Arnica Oil Compound* should be used. Two or three thorough applications will cure almost any case.

BACK—WEAKNESS OF; LAME BACK; WEAK BACK; PAIN IN BACK.

See *Arnica*, page 78; *Arnica Oil Compound*, page 110; *Hamamelis*, page 94. See also the chapter on *Lumbago*.

The lame back and weakness of back with which many women suffer is indication of uterine congestion or displacement. In such cases, see chapters on those subjects.

BALDNESS.

See "Falling out of Hair."

BARBER'S ITCH.

Take *Phytolacca* 3x three times a day, and apply *Phytolacca Cerate* as often as convenient.

BLUES.

No one can afford to be "blue," or low-spirited: partly because he cannot keep well unless he keeps cheerful, and partly because he cannot help to make the rest of the world happy unless he is somewhat so himself. People subject to "the hypo" are very apt to be misunderstood by others, and are very likely not to understand themselves very well; and often a good deal of mental and spiritual distress is the result of our not being aware of the fact, or not considering the fact, that a sudden attack of "the blues" or "the sulks" when all the surroundings are just as prosperous and cheering as previously; or a readiness to be thrown off the balance, and made to feel "out of sorts" by some trifling "unpleasantness," indicates having taken cold, or weak digestion, or inactive liver, or over-weariness, or reaction from over-excitement and dissipation, or from the stimulating effects of tea, coffee or alcoholic drinks.

In such cases, rest, sleep or the proper medicines will make one cheerful and happy again; that is, if he had good reason to be cheerful and happy before.

As to medicines, a few doses of *Bryonia* 3 will remove the lame, tired, cross feeling arising from taking cold by sitting in a draft, or exposure after active exercise without increased covering, or getting chilled by sleeping without additional clothing.

Nux-vomica 3, or *China* 6, or *Podophyllin* 3x, and

proper care of the diet will probably cure the indigestion and faulty action of the liver. *Nux-vomica* 3, the depression and weariness following over-excitement or over-stimulation, or prolonged watching or severe mental application. *Arnica* 1x, the effects of excessive physical exertion, over-lifting, etc.

See also Napiform, page 115.

BILIOUSNESS.

When the skin and eye-balls look yellow, the tongue is coated white or yellowish white, there is bad taste in the mouth, the back and limbs ache, there is dull pain over the eyes, the bowels are irregular or constipated, take *Nux-vomica* 3rd and *Mercurius* 6th alternately every three hours. If the coating of the tongue is brownish, and there is a peevish or irritable temper, with a depressed or discouraged condition of the mind, take *Bryonia* 3rd every two hours.

See also Podophyllin, page 104; and Napiform, page 115.

The frequent use of lemon juice is beneficial to many people subject to inaction of the liver. It is not well suited to active, nervous people of spare habit, and those who use it to correct or stimulate the action of the liver and bowels should not use much sugar with it, as an excess of sweets increases the difficulty.

Persons disposed to disorder of the liver should take plenty of out-door exercise, eat ripe fruits and

a good proportion of vegetable food. Such persons, also, should cultivate a cheerful and peaceful frame of mind.

It is well known to medical men that a disturbance of the functions of the liver and digestive organs caused by errors in diet or by the injurious action of drugs, causes a despondent and irritable mental condition; and also, on the other hand, it is often observed that the indulgence of an angry or fretful, or impatient, or jealous temper may result in indigestion, colic, and even serious inflammation of the stomach and bowels.

BLEEDING.

Hemorrhage from nose, lungs, stomach, bowels, or womb. See *Hamamelis*, page 94. Also the following:

BLEEDING AT NOSE.

This sometimes occurs as a means of relief to the overcharged blood vessels of the head after lack of exercise in invalids or persons leading a studious or sedentary life. If the flow stops quickly and does not occur frequently it need not have much consideration except as indication of an unhealthy habit of life. If children have nose bleed frequently it is evidence of too much brain work, too little sleep, too violent effort when exercising, too much stimulus in food or drink, or some other unhealthful condition which should be hunted out and abolished.

Bleeding of the nose sometimes occurs when the menses are delayed, or suppressed, or scanty.

See Bryonia, page 83; Pulsatilla, page 104.

If caused by *mechanical injury*, the bleeding will probably stop soon after bathing the nose with cool water. If continued, give a dose or two of Arnica 1x. If caused by undue physical exertion in hot weather, Aconite and Arnica may be given alternately every half hour.

If nose bleed occurs frequently in a weakly person without apparent cause, it is evidence of a weakened or degenerate condition of the blood vessels, and that the whole system needs more "tone." China 6th three or four times a day will be useful, or the Napiform Tonic.

The common expedients to stop the bleeding are to put ice, or snow, or a napkin wet in cold water, or a piece of cold metal upon the back of the neck, or to hold both arms as high as possible over the head while standing.

If the bleeding still persists to the extent of weakening the patient, the nostril may be plugged for a few hours with cotton wet with Extract of Hamamelis.

BLEEDING FROM THE LUNGS.

The blood from the lungs is *bright red*, is coughed up, and often frothy.

See Hamamelis, page 94.

BLEEDING FROM THE STOMACH.

The blood vomited up is of a dark color, usually mixed with the contents of the stomach.

See Hamamelis, page 94.

BLEEDING FROM THE WOMB—(FLOODING).

Arnica 1x, two or three doses if the hemorrhage is brought on by a fall, or strain, or heavy lifting, or any mechanical injury.

Aconite 3x every half hour for first two hours if at the beginning of the attack there is much heat and fever, or excitement and palpitation of the heart.

Ipecac 3rd every two hours, if the discharge is *bright red* and very copious.

Secale 6th every two hours if the discharge is dark and offensive with great pain, increased by movement or coughing; pale face, coldness of extremities and extreme weakness.

China 3x trituration will usually arrest the excessive monthly flow in weakly patients and at the critical period.

Patients suffering from hemorrhage must be kept quiet; have cool, fresh air; light, unstimulating diet, *no hot* drinks or alcoholic drinks; cold water is best.

China will always relieve the weakness resulting from loss of blood.

BONES—ACHING OR PAIN IN.

If connected with bilious or malarial troubles.

See Arsenicum, page 79; Bryonia, page 83; Rhus, page 105; Napiform, page 115; Antidote, page 109.

If boring pain, deep in the bones of the legs, take Mercurius iod. 2x twice daily.

BOILS.

The pain and soreness are quickly relieved by applying Arnica Oil Compound. If the swelling is very large and painful, Bellad. and Merc., alternately, once an hour for half a day; will be useful. Hepar Sulph., 6th, will encourage a "slow" boil in coming to a head.

Dr. Shipman has, for many years, been in the habit of prescribing, for painful boils, the half of a ripe tomato bound on; removing when dry and applying a fresh piece. This relieves the pain and brings to a head quickly. Persons subject to boils should be careful in diet and habits, and avoid biliary derangements. Boils generally indicate a disordered condition of the system and an impoverished state of the blood; resulting from poor, insufficient or indigestible food, or from anxiety or over-work.

See also Arnica, page 78.

BOWELS—INFLAMMATION OF.

Inflammation of the bowels usually begins with a chill. Then comes sharp, severe, often burning, pain over some portion of the abdomen; the surface is more or less sensitive to the touch, painful and swollen; taking a full breath causes distress. Some-

times there is vomiting; face is pale with an anxious, distressed look; pulse quick and small.

Give Aconite and Belladonna every hour alternately for four to six hours, then every two hours until the chill, fever, and pain are considerably relieved. Then follow with Bellad. and Mercur., alternately, a dose of one or other every three hours.

Cloths wrung out of hot water should be laid on the bowels and covered with flannel or woolen goods, renewing the hot cloths often. In extreme cases, hot water injections are recommended.

BRAIN—INFLAMMATION OF.

The indications are pain in the head and eyes; dilated or much contracted pupils of the eyes; throbbing of the large blood vessels of the temples and neck; rolling of the head back and forth; delirium, or drowsiness; and stupor, fever, quick pulse.

Give Aconite 3x and Belladonna 6th. alternately, every hour, a dose of one or other, until the feverish symptoms are reduced; then Bellad. and Bryon., alternately, every two hours for a time, until there is evident improvement; after which not so often.

Avoid unnecessary light; noise, especially talking, or *even whispering*; or anything else which might disturb the patient, remembering that such patients are excessively sensitive. Applications of *hot* water to the head give relief if not continued too long. It is a mistake to use cold water in such cases. Let no blisters or mustard be applied, or anything irritating.

If the patient is very restless, and skin hot and dry, an occasional sponging with quite warm water gives relief.

See also Gels., page 92.

BRAIN—CONGESTION OF.

Simple congestion of the brain requires resting; quiet; cool, fresh air; and for remedies, Acon., Bell., Bry., Gelsem., or Nux, according to other symptoms. See those remedies and compare.

BRAIN—WEARINESS OF.

Brain-fag, or exhaustion of the brain, resulting from too persistent mental effort, calls for rest, *not* stimulants; then Nux. or Phosphorus, or Napiform Tonic will help to restore a healthful condition. But the *first* thing, the *important* thing is *rest*; with fresh air; exercise sufficient to induce sleep; and a good appetite for wholesome, easily digested, unstimulating food. Sleep as often, and as much, and as long as you can.

BREASTS—INFLAMMATION OF.

If Acon., and Bell. are used at the first symptoms of chill and fever until perspiration is established, there may be no further trouble, if care is taken about taking cold.

If, however, the inflammation of the breast is already established, give Phytolacca 3x every three hours, and cover the painful surface with a soft compress wet with Distilled Extract of Phytolacca. Even

if the case has been neglected or badly treated, and it is already "broken breast," the *Phytolacca* treatment will give relief, and a few doses of *Silicea* (see page 106) will hasten a cure.

BRONCHITIS—ACUTE OR CHRONIC.

Compare *Acon.*, page 76; *Antim. tart.*, page 77; *Bryon.*, page 83; *Hepar s.*, page 95; *Ipecac.*, page 96; *Kali bich.*, page 97; *Phosph.*, page 101. Our Catarrh Disks (see page 113) are well suited to most cases of bronchitis, and physicians who have employed the *Oxygen Treatment* recommend it very highly in this ailment.

BROW-AGUE.

Nothing we can more highly recommend for this trouble than *Napiform Tonic*. (See page 115.)

BRUISES.

One part of our Concentrated Tincture of *Arnica* to ten parts of water; rub it in well, and if it is a bad case, keep the injured part covered with a bandage wet with the mixture.

If the skin is broken, and the tissues are lacerated, use a lotion of *Calendula*, prepared in the same way. (See *Arnica*, page 78; *Calendula*, page 86.)

BURNS AND SCALDS.

If slight, hold the part burned as near the fire as possible; or in water, as hot as can be borne, for a few moments. The pain will go soon.

If burned deeply, or over a considerable surface, apply Arnica Oil Compound (see page 110), according to the directions. This is the best household remedy for burns and scalds.

The best dressing for healing up the sore surface after a bad burn or scald, is Calenduline. (See page 111.)

BREATH—FOUL.

Bad breath may be caused by decayed teeth; but is more commonly an evidence either of disordered stomach and liver, or of a catarrhal affection of the nose. Treat accordingly.

CANCER.

It is doubtful if there is any sure cure for true cancer when established in the system except by using the knife, and even that is not certain. Mr. Needham's Red Clover Tea and Red Clover Extract have a great reputation in the treatment of cancer and diseases of a similar nature. Red Clover Oil is excellent as a daily dressing for open cancer. Arsenicum is an exceedingly valuable remedy in case of cancer; relieving the burning pain, removing the prostration of the system, and sometimes even dissipating the poison of the disease.

Recently, cures of cancer by the use of Compound Oxygen treatment have been reported, but, although we can see no reason why it should not cure cancer as well as other forms of blood poisoning we don't know that it will.

CANKER—(THRUSH)

Canker, or sore mouth of infants will be mentioned as "nursing sore mouth."

Adults and growing children with poor digestion, are liable to a similar affection: small white spots or blisters in the mouth and throat, sometimes spreading to become large patches, burning and stinging. Put enough Tincture of Hydrastis into a glass of water to color it straw yellow, and gargle the mouth and throat five or six times a day with the solution.

This acts directly upon the surface exposed, and sufficient is absorbed to affect the digestive organs favorably. Correct the diet and habits so as to avoid this trouble.

See Mercurius, page 98.

CARBUNCLE.

A carbuncle is a large and painful abscess like a boil. It often extends over a considerable surface, and is usually flattened instead of pointing, with several openings when it begins to discharge. There is much burning pain and prostration of strength which is more or less relieved by Arsenicum 3rd trituration, taken three or four times daily. The Arnica Oil Compound will be found to relieve the inflammation.

The treatment recommended by the late Dr. J. S. Douglas, of Milwaukee, was as follows:

Ammon. carb., three grains in a gill of water, teaspoonful doses every two hours, and apply to the part a cloth wet in the same (but twice as strong and hot): continue as long as it does good. If the swelling goes on and openings appear in it, and the pain is not abated, stop this and give Arsen. every two or three hours. At the same time apply once daily *caustic* potash powdered, in and around the openings, so that as it dissolves it will run into the openings and penetrate as deep as possible into the heart of the tumor. Place over this a warm soft poultice of slippery elm, flax seed or bread.

CATARRH.

Catarrh is an inflamed or irritated condition of the mucous membrane or lining which protects the inner surface of the body as the skin protects the outer surface.

“Taking cold” is the usual cause of this irritation or inflammation, and the portion of the body which is weakest is most liable to suffer from catarrh. There may be catarrh of the forehead and nasal passages (coryza, sometimes progressing to ozcena); catarrh of the throat and bronchial tubes (bronchitis); catarrh of the lungs (congestion of the lungs, inflammation of the lungs, pneumonia, consumption); catarrh of the stomach (gastritis); catarrh of the bowels (dysentery); catarrh of the bladder (cystitis); catarrh of the womb or the passage leading to it (leucorrhœa). Pretty nearly the same causes pro-

duce all these different affections of the system, and pretty nearly the same homœopathic remedies, properly used, will cure them, if not too far progressed.

In health, the mucous membrane is constantly covered with a slight amount of secretion which it produces for its own protection. If the air passages of the nose, or forehead, or throat, or lungs, are suddenly invaded by cold, raw air, the membrane lining them endeavors to protect itself the better by depositing a larger amount of mucus on its surface.

If the stomach and bowels have forced upon them iced drinks or iced food, or are exposed with insufficient clothing to sudden changes of temperature, the mucous membrane of those parts acts in the same way.

In the first case, the excessive secretion of mucus causes a running at the nose, or a hawking up of phlegm from the throat. That is common "catarrh" or, "cold in the head," which may disappear entirely in a few hours, or may be the beginning of a permanent and serious trouble.

In the second case, there may be only slow digestion, with some discomfort, on account of a slightly-inflamed condition of the coats of the stomach, which has been so carelessly treated; or there may be complete indigestion, and diarrhea, and soon dysentery, the irritation and inflammation having affected the intestines generally, and caused mucus and blood to be forced out, with much suffering and danger to the patient.

Nasal catarrh is a very common ailment in this country. Our newspapers are crowded with advertisements of all kinds of doctors and all kinds of medicines and applications for it. Hundreds of thousands suffer from it, and pay their money to tens of thousands who promise to cure them—and don't. Thousands distress themselves with the fear that they have catarrh, or are "going to have it."

We trust that a better understanding of what catarrh really is, its causes and its cure, may bring relief to those who worry about themselves and their children or friends, and perhaps be a means of money saving to some who otherwise may be humbugged by some of the catarrh doctors.

Why is nasal catarrh so common in this country? The raw winds of our sea coast and lake shores are supposed to have something to do with it. The very common habit of tobacco smoking no doubt predisposes to it. But sea air and lake winds are considered very healthful to those who have no weakness of the breathing apparatus, and raw winds and tobacco smoking prevail in countries where catarrh does not prevail extensively.

Is not catarrh more common in our larger towns than in the country villages and rural districts? Do not our students and professional men suffer from it more commonly than those who are occupied with manual labor? Are not those men and women and children, whose brains are most active and most crowded

with work, most liable to have trouble from catarrh whenever they take cold? Is not the wide-awake Yankee, even with the same surroundings, more subject to catarrh than the phlegmatic Dutchman, the slow-going German, or the be-good-to-himself Englishman?

The explanation is a very simple one. If the head is kept in a congested state by constant and excessive mental application, the tissues and mucous membrane protecting them are weakened, and in an irritable or semi-inflamed condition continually, so that every cold draught of air, or cold, raw wind, is pretty certain to add irritation sufficient to produce inflammation, profuse secretion of mucus, and, by and by, a settled or "chronic" catarrh, which if neglected or badly treated with irritating drugs or injections, may at length result in disease of the bony cell structures occupying the space at the upper part of the nose and above the eyes; or abscesses in the face back of the nostrils; or may extend into the throat and at length to the lungs—bronchitis—consumption.

Change of habit and the use of proper remedies may prevent it. Chronic catarrh *may or may not be cured*, according to the condition of the patient and the progress of the disease. *It can always be* more or less *relieved* by homœopathic remedies; but the patient *may* be subject to a return of the symptoms on exposure to the causes.

Obviously, the chief thing to prevent catarrh (or

any other disease) is to keep *well!* The brain, nerves, muscles, lungs, heart, stomach, liver, and other parts of the human organism, must each have their share, and *only their share* of work to do, and must all work in harmony. If any one is not rightly used, or is over-crowded or over-stimulated, it must suffer in consequence, and eventually the whole system suffers with it.

If some people must do at times an unfair share of brain work, let them remember the danger and try to keep the head from excessive congestion, by exercise, avoidance of stimulating food or drink, cold sponge baths and friction over the spine, and then all the brain rest and sleep possible when the required work is done.

If a person inherits a tendency to diseased mucous membrane of any portion of the body, he will wisely be more careful to strengthen that part, and avoid the catarrh or the bronchitis, or the consumption, which otherwise may fall to him and his children also.

Further hints on this subject will be found in the paper of instructions accompanying the Catarrh Disks; also in a similar paper accompanying the Oxygen Treatment, a copy of which any one can have. Remedies for catarrh are abundant, and sufficient if rightly chosen.

(In this chapter we treat only nasal catarrh, other catarrhs will be found under the headings Bronchitis, Pneumonia, Dysentery, etc.)

For acute catarrh see Acon., page 76; Arsen., page 79; Bryon., page, 83; Camphor, page, 87; Chamo., page 88; Merc., page 98; Nux, page 100; Pulsat., page 104; Catarrh Disks, page 113.

For chronic catarrh see Kali, page 97; Merc. bijod, page 99; Nux vom., page 100; Pulsat., page 104; Catarrh Disks, page 113; Napiform, page 115.

We ought also to mention in this connection the advantages of the

“OXYGEN HOME TREATMENT,”

(variously called “Compound Oxygen,” “Medicated Oxygen,” etc.)

This has proved very useful in many cases of chronic catarrh, asthma, bronchitis and other affections of the respiratory organs; partly by *the direct curative action* of the inhalations and Oxygen solution, partly by the *general tonic effect upon the whole system*, and we feel confident that a two months' treatment with “the Oxygen” will benefit any sufferer from the above difficulties.

“The effect in every case seems to be to make the action of the heart and lungs more perfect, the circulation more active and natural, the blood more wholesome, more pure and of better color, the digestion better, the countenance brighter, while, at the same time, diseased tissues become more healthy, and established disease seems to lose its hold.”

Patients must be careful to obtain the *Oxygen Treatment from a reliable source.**

As a direct *preventive* of acute or chronic catarrh in those who find themselves taking cold readily, see Catarrh Disks, page 113. and Napiform, page 115.

CHAFING OF THE SKIN.

See Calenduline, page 111.

CHANGE OF LIFE.

Aconite, 6th, for nervous irritability and excitement in robust or plethoric patients. A dose every hour till relieved. Bryonia, 3d, for congestion of lungs or chest; indigestion; suppression, with nose bleed. A dose every two hours. Cimicifuga, 3d, for *pain* in the breasts, or in the crown of the head, with irritability, restlessness, hysterical feeling, and melancholy. A dose every two hours. Arsen., 3, threatened dropsy, general debility, difficult breathing and nervous prostration. A dose every four hours. Lachesis, 30th, for flushes of heat, burning pains at top of head, pain in back, and general disturbance of the system at this period. Three times a day. Sulphur, 6th, for local itching or burning; piles; leucorrhea accompanying the change. A dose

*When we began to investigate the merits of the "Oxygen Home Treatment," we found that quite a number of different preparations were being palmed off upon the public under that name, some of them, to say the least, being utterly valueless, and others actually unsafe and injurious. The price also (\$15) was unnecessarily great. We at length made such arrangements as enable us to furnish *The Genuine* "Oxygen Home Treatment," a two months supply with apparatus and full instructions for \$10, we paying charges to any express office in the United States on receipt of that amount.

night and morning. Pulsatilla, 200th, for nausea, chilliness, cold feet, weight in the abdomen, pressure in bladder and rectum, and dyspepsia. Three times daily. If the patient has suffered from prolapsus, or congestion of womb, these troubles may be aggravated, and require other remedies. (See the chapter on those subjects.) The Oxygen Treatment will prove very beneficial at this time if there is debility or nervous prostration. (See page 140.)

Walking or riding often (walking to be preferred), cheerful society, as much variety of occupation as possible, and change of scenery and surroundings, are all helpful at this period. Diet should *be light*, nourishing, and *not* stimulating.

CHAPPED HANDS AND LIPS.

See Calenduline, page 111, and Calendula Conserve, page 113.

CHICKEN POX.

Rhus tox., 30th, every three hours. If there is much fever, give *Acon.*, 3x, every half hour until it abates.

CHILBLAINS.

Arnica Oil Compound applied according to directions relieves and cures very soon. In old, chronic cases with much inflammation, itching, and redness, give *Rhus tox.*, 30th, three times a day, and apply the A. O. Compound every night and morning.

In neglected cases, where the skin is broken, and

there are sores formed, apply Calenduline freely. This will heal soon.

CHILLS.

See Camphor, page 87; Aconite, page 76.

CHILLS AND FEVER.

See Intermittent Fever.

CHOLERA MORBUS.

See Camphor, page 87; Arsenicum, page 79; Veratrum, page 108.

CHOLERA.

In the first place *don't be afraid of it*. It is not contagious. It usually attacks only those whose blood and tissues are depraved by beer drinking, or whose constitutions are weakened by habitual use of wine, whisky, or other such stimulants. Fear, and the depression of the nervous system which accompanies it, render one much more liable to an attack of this epidemic.

If you live in a pure atmosphere, dress so as to protect the stomach and bowels from a chill, eat plenty of wholesome food, be careful not to abuse your stomach with things which disagree with it, and about chilling it with iced food and drinks when you are tired or overheated, you are not likely to have the cholera. Then, if you have at hand, a small case of the proper homœopathic remedies, and so are able to take the right remedy promptly you are not likely to die of cholera if it *does* attack you.

If, from any unavoidable cause, your nervous system is in a depressed condition, Napiform Tonic will soon restore the lost "tone."

If you suspect that the atmosphere of your sitting room or sleeping room is not pure, a good *Ozone Generator* will make it free from all disease germs. It is asserted by our best scientists that *cholera cannot exist* where the atmosphere contains *Ozone*.

If attacked by cholera do not trust to any of the advertised "cholera medicines" most of which are compounds of Opium and irritating stimulants, like Cayenne and brandy. If the attack is cholera they do more harm than good. If it is only colic or cholera morbus, or diarrhea, or dysentery, these drugs may aggravate the symptoms until the case is as bad as cholera.

The remedies almost invariably successful in true cholera are few and simple and can be always at hand.

Premonitory symptoms of cholera. These give warning in almost every case and if attended to promptly there is no further trouble. They are general uneasiness and restlessness, bitter taste in the mouth, white coated tongue, fullness and pressure at the pit of the stomach, rumbling in the bowels.

Two or three doses of Merc. dulc. 2nd, two hours apart will usually remove them after a few hours.

If these symptoms have not been regarded in

time, or if cramps or diarrhea set in, it is time to take Camphor. Camphor stands first among cholera remedies. The symptoms calling for it are—*sudden prostration*, coldness; pain in stomach and bowels, irregular pulse, cold sweat on forehead, singing, ringing or buzzing in the ears, dizzy or giddy feeling, distension of the abdomen, and severe purging.

Give two to five drops of strong tincture on sugar (or one of the Camphor cones, or of the large Camphor pills) every five or ten minutes until the patient becomes warm, then less frequently, and as soon as full perspiration takes place discontinue the Camphor.

Put the patient into a warm bed with a jug of hot water to his feet and keep him there till thoroughly free from all bad symptoms. Then let him avoid getting chilled or overtaxing his digestion.

If the case has already passed on beyond the reach of Camphor, the next medicine is *Arsenicum 30th*. It is the remedy for *severe burning pains* in the stomach, great thirst, clammy sweat, weak tremulous pulse, suppression of urine, *entire prostration of strength* and cramps.

A dose every half hour at first, after two doses once an hour, and then as improvement continues, once in two or three hours.

Veratrum alb. 6th is the remedy for *violent and continuous vomiting and purging*, a shriveled appearance of the skin, pinched deathlike look of

the face, cold tongue, cramps, great weakness and prostration.

Give same as Arsenicum.

Cuprum 6th, a dose every hour for *spasms, cramps or convulsions* with blueness of skin.

The *typhoid condition* which often follows an attack of cholera can be treated like other typhoid symptoms. Phosphorus or Carbo. veg. will suit most cases.

The best preventive remedy for cholera, for the use of those who regard the rules of health mentioned in the first part of this chapter is *Camphor*. Take a dose if exposed to a chill. Take a dose if temporarily in a cholera atmosphere.

See page 87.

COLD SORES.

The annoying burning and itching will be soon stopped by the application of Aconite 1x with the tip of the finger every hour or two. Calenduline will heal the sores.

COUGHS.

See Acon., page 76; Ant., Tart., page 77; Bellad., page 81; Bryon., page 83; Chamom., page 88; Hepar s., page 95; Ipecac, page 96; Kali bich., page 97; Phosph., page 101; Spongia, page 106; Specific for Cough and Croup, page 118.

COSTIVENESS.

See Constipation.

CORNS.

There is quite a variety of "corn cures" in the market, some of them quite effective and safe. All the good ones have about the same composition. The pain and soreness of a *soft corn*, or bunion, is soon relieved by applying Arnica Oil Compound. Verat. Viride Tincture is said also to be an excellent application for bunions much inflamed. If a hard corn is softened by soaking in warm water, then pared down as much as possible without pain, and a corn-plaster applied around it so as to protect it from pressure, it will usually give no more trouble. An application of Tinct. of Thuja, twice a day to the softened surface of a corn, will, in most cases, remove it after a fortnight, if it is freed from pressure of the boot. Calc. carb., 200, and Sulphur, 200, taken twice a day, during alternate weeks, will remove the disposition to warts and corns, which seriously afflict some people.

COLIC.

Colic and cramps from a chill, or from chilling the stomach with cold food or drink, require Camphor, page 87; wind colic, with sudden, sharp pain, Colocynth, page 92; colic, with constipation of bowels, Nux vom., page 100; bilious colic, with pain low down in the abdomen, Chamom., page 88; colic, with diarrhea, see Merc., page 98; Podoph., page 103; colic of infants, see Cham., Colocyn. and Nux.

COLDS.

See Catarrh, Cough, etc.

COLD IN THE HEAD.

See Catarrh.

CONGESTION OF THE WOMB.

See Inflammation of the Womb.

CONSUMPTION.

Not very much can be said in a book like this on so important a subject. Consumption *can* almost always *be prevented* by suitable care of the general health; special care of the respiratory organs; and occasional use of homœopathic remedies as required. Many persons are frightened into consumption by ignorant friends, or culpable quacks, who hope to make something by prescribing for symptoms which *might* lead to something serious. And, again, even physicians, through inexperience or carelessness in studying a case, sometimes determine a case to be "consumption," which is really only a difficulty of the stomach or of the liver. Unless there is an inherited tendency to tuberculous disease of the lungs, or great carelessness of the health, there is no need to fear consumption. The remedies for conditions leading to this disease, and for the disease already established, are the same as those given under the headings—catarrh, coughs, etc. (See those chapters.)

CHLOROSIS.

(Green Sickness.)

See Acon., page 76; Arsen., page 79; Bellad., page 81; Coffea. page 91; Phosph., page 101; Puls., page 104.

An extensive and valuable chapter on this subject will be found in *The Lady's Manual*, by Drs. Rud-dock and Ludlam.

Good, nourishing food; plenty of exercise in the open air, especially on horseback and walking; and out-door sports, sunlight, salt sponge baths, Oxygen Treatment. See page 140.

CONSTIPATION.

Nux vom., (see page 100,) suits most cases of ordinary costiveness. Nux and Sulphur alternately, if there is a tendency to piles. Arnica, if caused by over-lifting, which has weakened the back. Bryonia, if the stools are large and hard. China, Merc., or Podophyllin, if the trouble results from torpidity of the liver.

Chronic constipation of old people is relieved by taking every morning before breakfast, in a glass of cool water, a single drop of the strong homœopathic tincture of *Hydrastis*.

The Cincho-carbon Tablets are a favorite medicine with many for constipation and indigestion. (See page 114.)

Avoid purgatives. They give only temporary

relief, and leave the bowels more disposed to the same condition. Strong coffee causes constipation and aggravates it with many people. If of a costive habit, walk, or ride horseback when you can; but not to the extent of over-tiring; eat ripe fruit and easily digested vegetables freely; not much meat; and avoid sedentary habits and occupations as far as possible.

CONVULSIONS.

For remedies to prevent or to cure the condition of brain which causes convulsions, see Acon., page 76; Bellad., page 81; Chamo., page 88; Gelsem., page 92; Teething Disks, page 120.

In convulsions, all the clothing should be so loosened as to allow free breathing, a good supply of fresh air admitted, the head raised a little, and, as quickly as possible, the child put into *a warm bath*.

Dr. Ruddock gives the following instructions for this bath:

Immerse the child in warm water up to its neck, and directly afterwards apply a cold wet towel to the head, or a large sponge after dipping it in cold water; the cold towel or sponge for about three minutes, the child to be kept in the warm bath for ten or fifteen minutes. The temperature of the bath should be about 98 degrees or what is agreeable to the back of the hand, and this temperature should be *fully maintained* until the child is taken out, by additions of hot water carefully poured in at the side. The bath should be given in front of a good

fire and a warmed blanket be in readiness to wrap the child in directly on leaving the bath.

CRAMPS.

See Camphor, page 87. and Veratrum, page 108.

CROUP.

True croup is too dangerous a disease to be left to domestic treatment, unless one has had some experience with it, or a good homœopathic physician is not to be had promptly. In such a case give one or two doses of *Aconite*, and meantime compare the croup symptoms under *Antim. tart.*, page 77; *Hepar s.*, page 95; *Ipecac*, page 96; *Spongia*, page 106, and give the most suitable remedy. A towel wrung out of hot water and placed over the throat and chest, and carefully covered with flannel, gives much relief. Croup is likely to recur two or three nights in succession. *Hepar sulph.*, 200th, taken in afternoon and at bedtime, will prevent the attack, or make it much less severe and dangerous.

The Catarrh Disks (see page 113) given whenever a croupy child is supposed to have taken cold, or *whenever exposed* to the raw chilling atmosphere which generally brings on an attack of croup, *will prevent croup*, and lessen the liability to it.

CRYING OF CHILDREN.

The fretfulness of teething children will often be relieved by a dose or two of *Chamom.* If there is much swelling of the gums, and especially if the

swelling is of a bluish tint, give *Kreosote* 6th. If a general feverish condition exists, *Aconite* is best. If there seem to be sharp and sudden colic pains, *Colocynth* will relieve at once; or *Nux vomica* if the bowels are constipated.

See also Teething Disks, page 120.

Cordials and soothing syrups of all kinds are best *let alone*. The mother can better afford to be annoyed by the child's fretfulness than to see it injured in mind and body by the use of opiates or alcoholic poisons in any shape.

Further hints on this subject will be found in *another chapter*.

CUTS.

See *Wounds*.

DANDRUFF.

The use of Calenduline for a hair dressing with occasional doses of Phosph. 6th will remove the annoyance and make the hair and scalp healthy.

DEBILITY.

See Arsen., page 79; Bryon., page 83; Calc. carb., page 84; Calc. phosph., page 85; China, page 89; Phosph., page 101; Oxygen Treatment, page 140.

DEAFNESS.

Hardened ear-wax can be removed a little time after putting a drop of pure Glycerine into the ear, or syringeing the ear gently with warm water. If some foreign substance has been lodged in the ear,

as sometimes occurs in thoughtlessness of children, it must be carefully removed, the ear being a very delicate organ. Deafness from nervousness is sometimes relieved by Phosph. 6th three times a day. Deafness from catarrh and after small-pox, by Mercurius three times a day. Chronic deafness in patients subject to catarrh is relieved and sometimes cured by Catarrh Disks. (See page 113.)

DIARRHEA.

Mercurius is the principal remedy, especially for the bilious diarrhea common in the prairies of the West and in the low lands of our Western rivers, also for diarrhea caused by change of climate or change of drinking water. Arsenicum when there is burning pain in the stomach and great weakness. Bryonia for bilious diarrhea coming early in the morning. China for "summer complaints," also for "chronic" diarrhea. Veratrum for diarrhea coming suddenly at night, with vomiting and the coldness and cramps of cholera. See also Phosph. Pulsat. and Sulphur. For diarrhea of teething children see Chamo. Calc. c. Podophyl., and Teething Disks. Simple diarrhea from indigestion or from cold, is quickly relieved by a dose or two of Catarrh Disks.

DIPHTHERIA.

The general symptoms are lassitude, sore throat covered with a false membrane looking like wash leather, acrid discharge from one nostril, enlarge-

ment of the glands of the neck, offensive breath, sometimes delirium, sometimes stupor. These symptoms are preceded by chilliness, quick pulse, and some fever with difficulty of swallowing; but all these premonitions of the disease, with the accompanying lassitude, are sometimes entirely disregarded until the disease has made dangerous progress.

Although the false membrane and the offensive breath are considered characteristic of the disease—there are cases in which the breath is not remarkably offensive, and the membrane does not form where it can be seen. At the beginning, and all through the progress of the disease, keep in mind the fact that nature is struggling against the action of a *blood poison* which has, somehow, been absorbed into the circulation, and *the strength of the patient must be sustained* by suitable nourishment. Beef broth or mutton broth, without much spicing, may be given freely, fresh rich milk is also an excellent thing—the best thing—if the patient will take it. If it is difficult to persuade the patient to take food, make *strong beef tea* and give by the teaspoonful regularly, *as medicine*. (See page 28.) *Do not* give wine or brandy, or any other alcoholic stimulants, or irritants. What the patient needs is nourishment, not stimulating and excitement.

As a direct antidote to the blood-poisoning, give Sulpho-carbolate of sodium. (See page 119.) For remedies against the disease symptoms, as fast as

they show themselves, see *Acon.*, at the commencement in the fever or chilly stage; *Bellad.*, for the throat symptoms before there is any appearance of a false membrane; *Apis mel.*, if there is great weakness from the beginning, and the membrane assumes at once a dirty, grayish color; there is puffiness around the eyes and pain in the ears when swallowing. *Bryonia*, *Baptisia* and *Arsenicum* are suitable when the disease shows typhoid symptoms. *Kalibich.* and *Merc. bijod.* are two very important remedies. By looking at the *Materia Medica*, one can soon determine which of all these remedies the case requires at the time. Of course, the mother or nurse is not, at first, sure that the case is diphtheria. It may be only a severe cold, or common sore throat. But, if there is diphtheria in the neighborhood, it is well to be prepared for its treatment. The remedies given should be repeated oftener than in other diseases, and the progress of the disease carefully watched. It sometimes occurs that no throat trouble is complained of, while a careful examination shows a rapid formation of the diphtheritic membrane, which may soon suffocate the patient.

Alcohol, somewhat diluted with water, but yet strong enough to sting the tongue a little, may be applied to the white patches formed in the throat, or on the tonsils, with a camel's hair pencil. It serves to loosen the membrane.

Diphtheria usually lasts from one to three weeks

although, in some cases, death or recovery takes place in one to three days. Cases that at first seem mild, sometimes suddenly become very serious and fatal. Sometimes, those who are considered well-recovered are found to have lost sight, hearing, taste, or smell, or to be paralyzed partially, as the effect of the disease or some drug used in its treatment.

Diphtheria is *not contagious*, but often prevails as an epidemic, and those exposed to the same atmosphere with the patient are liable to it, or a modification of it—perhaps only a sore throat. Scrofulous persons and those liable to sore throat and swelling of the glands will be protected more or less completely by using the Sulpho-carb. sodium (page 119). An excellent preventive for others will be found in Napi-form Tonic (page 115).

DROPSY.

For dropsy after scarlet fever, Apis mel., page 77. General dropsy, Arsenicum, page 79. For old, obstinate cases, the most successful remedy, for the past twenty-five years has been, Halsey's Distilled Extract of Apocynum cannabinum.

DYSENTERY.

Aconite, 3x, every half hour for two or three hours, if fever is a prominent symptom. If given promptly at the beginning of the attack, it is often all that is required. When the evacuations are slimy and bloody, with pain and very severe

straining (tenesmus), give Merc. cor. 3d every hour at first, then less frequently. Colocynth, 3x, may be given alternately with Merc. cor., in case of very sharp colic pains, and especially if greenish feces are mixed with the bloody-slime discharge. (See also Arsenicum, page 79.) Dysentery is a catarrh of the bowels. (See page 135.) Its peculiar symptom, besides the thirst and other signs of fever, is the frequent and painful urging to stool, with only slight evacuations, but great straining. The evacuations are more or less bloody, with mucus, and sometimes lumps of hardened fecal matter, or shreds of fibrin, which seem as if parts of the intestines themselves. In hot climates these attacks are very severe, with great pain about the navel, and at the lower part of the spine. The bladder often sympathizes with the rectum, and the patient is obliged frequently to pass water.

The patient must be kept quiet, lying down, and in bed, if possible, so as to be warm. If the pains are very severe, and not readily relieved by the medicines, apply flannel cloths, wrung out of hot water, to the abdomen, having a fresh cloth ready when the first is removed. Allow no stimulants until the pains and other acute symptoms subside. Then beef tea may be used, and a light diet as fast as it can be digested; but remember that the digestive organs are in a *very sensitive* and *much weakened* condition.

To *avoid* dysentery, avoid sudden changes of temperature; keep the stomach and bowels protected with woolen clothing; have the food and drink such as are easily digested; don't abuse your stomach. In an epidemic of dysentery, as, for instance, in a boarding-school, or a camp, remember that the effluvia arising from the evacuations are infectious, and will spread the contagion unless destroyed by disinfectants.

DRUNKENNESS.

"A positive cure for drunkenness, republished from the original letter published in the *Philadelphia Sunday Dispatch*, February 17, 1884, by one who is thankful for its effects in his own case: Steep half an ounce of ground Quassia in a pint of vinegar. Take a teaspoonful in a little water whenever the appetite for liquor comes on."

We have no doubt the above prescription will prove valuable help to any one who is *sincerely* desirous to break away from the terrible drink demon.

If his purpose is not fully formed and his determination sincere, there will come times when the temporary insanity which affects all who have become slaves to this appetite, will get the better of his will and his judgment, and make all help but the direct interposition and sustaining and preserving grace of the Almighty one, of no effect. Begin by giving body and soul to Him to whom by right

they belong. He is *able* to keep what is *fully entrusted* to Him. Then, have the Quassia cure *always ready*. Beware of the nervous exhaustion of mind or body which gives the tempter a special power over you. Relieve the craving for stimulus which comes from weariness or neuralgic condition of the nerves by taking a little beef tea *with a few crackers*, if meal time has not come. Treat your bad feelings as you would if they came from any other disease, and remember that alcohol *in any form is poison*, and *especially dangerous to you*. Read the chapter on neuralgia, and on dyspepsia. Study the symptoms which can be cured by Nux vom., China, Napiform, in the *Materia Medica*. Aurum is specially useful also in some cases. Having sought help of Him who never forsakes those who trust Him, help yourself by keeping out of the way of temptation, avoid the associations, the places, the people through which temptation may come to you. If you join a church, know before hand that it is a church in which at the sacrament "the cup" which is offered you will contain no poison.

If you are a housekeeper banish forever from your household everything which has the taste or smell of the poison which works ruin to body and soul. Allow no wine sauces, or rum jellies, or brandy peaches, or mince pies with cider in them to appear on your table. Permit no well-meaning but thoroughly mistaken physician to persuade you that

you need a little alcoholic stimulus when some extra "strain," or a fit of sickness has reduced your strength. Better *die* a saved man, than live bearing in yourself, and bringing upon those you love, the drunkard's curse with the certainty of the drunkard's awful doom.

DYSPEPSIA.

Dyspepsia means simply *bad digestion*. Bad digestion means that the nerves connected with the stomach and the other organs which have to digest the food and turn it into blood and brain and muscle and fat, have lost their "tone," and the organs of digestion have consequently become too weak to do their work well. This may be because they *never* were strong, and so they tired out quickly; for many people suffer from lack of "tone" or vigor of the nervous system, because their parents ate too much, or drank too much, or did not sleep enough, or, in some other way, transgressed the laws of health; and it may be that the children have ignorantly, or foolishly, supposed that they could live in the same way that their parents did, with the same seeming impunity. But Nature, sooner or later, exacts the penalty for transgression of her laws: and so, even those who may have started in life with strong vital powers, by presuming on their good health, and the fact that they never are sick; never have to be careful what or when they eat and drink,—at length go beyond the limit of what is possible, and find they

have presumed upon and trifled with one of the greatest blessings of life—*good digestion*.

The opposite condition—*dyspepsia*—is certainly one of the great *ills* of life. It lessens or entirely destroys the pleasure we were intended to have in eating and drinking what nature has provided for the sustenance of our bodies. It fills us with bodily discomfort all day, and prevents our sleep from refreshing us at night. It makes a man impatient and irritable at home, disagreeable in his business associations, dissatisfied with the world and discouraged concerning the future; when all is wisely planned and gloriously moving forward, and needing only that he, and a few others like him, should fall into line, and do their part in the working and hoping and waiting.

If the reader has a good appetite, enjoys wholesome food, is not troubled with headache, or pain or heaviness of the stomach, or belching of wind, or drowsiness after eating; if his sleep is sound and refreshing, and he is not cross, or irritable, or “blue” and depressed in spirits without any apparent cause, let him first thank the good Father above, and then the father and mother who cared for him here on earth; and all the time let him guard jealously the priceless boon that has been granted him; and even if he have already at times some symptoms which show that his digestive functions are weakening, he may, by regarding the warning, yet escape serious evil for himself and his descendants.

HOW TO ESCAPE DYSPEPSIA.—Eat slowly; and the more cheerfully, thankfully and tranquilly the better. Lay aside all thought and care of business, and do not let the mind become absorbed, or the brain excited about any subject while eating; for if the blood is thus sent to the brain, the stomach suffers for lack of it.

It is better not to drink while eating. If you have to drink to get your food down, you are eating too fast.

If drink is taken with the food it should not be ice-cold, or scalding hot. Very cold drink chills the stomach, and hinders digestion; hot drinks injure the mucous lining of the throat and passages to the stomach and of the stomach itself.

The best drink is cool spring water, and the best time for it, about an hour after each meal, although for those of weak digestion a cup of quite warm water at that time is often beneficial.

Don't allow yourself to be hurried in eating. If there is not time enough to eat slowly what seems necessary, eat only what you have time to eat properly. It will do you more good than the full meal eaten hastily.

All food should be thoroughly masticated before being swallowed. Meat hash, soft bread, or pudding, or sauce should not be swallowed much more quickly than food which of necessity must be chewed, because a certain amount of action of the

muscles of the mouth and throat is required to keep up the secretion of saliva and to properly mix it with the food in order to insure good digestion.

If over-wearied at meal time, or if the digestion is not active, eat lightly, or take, before eating, a cup of beef tea.

Food that is found to disagree with you must not be eaten under any pretense.

After eating, give mind and body a rest of at least half an hour, and those who are drowsy will do well to sleep fifteen or twenty minutes putting on some extra covering to prevent a chill. Meals should be at regular times, letting the digestive organs have regular intervals of rest.

Eating between meals is usually hurtful; but people not very strong, or subjected to exhausting labor of body or mind will sometimes find it an advantage to take a cup of beef tea and a few crackers, or even a glass of cool water and the crackers, an hour or more before dinner, especially, if they have taken an early breakfast; also half an hour before bed-time if they have to be up late.

Continually exciting and at length weakening and exhausting the salivary glands by constant chewing, as children do with "gum" and older people with tobacco, results very injuriously to the digestion.

As a rule the habitual use of tea and coffee are injurious. If milk is readily digested, it is the best and most nourishing drink. There are many people

who cannot drink milk at the same time with or within several hours before or after eating acid food, without suffering from colic.

If the occupation is sedentary, sufficient exercise should be taken daily to send the blood to all parts of the system. Walking is the best exercise for most people, but to walk even briskly, is not always sufficient; there must, if possible, be some interest in the exercise aside from the purpose of improving the health.

Make *play* of your work as much as you can, and especially make play of the exercise you have to take. If it is only work—a task—it will not do you much good.

HOW TO CURE DYSPEPSIA.—As dyspepsia results from a lack of nervous or vital force in the system, the only *cure* consists in reducing the demand upon that vital force for other uses, until the nervous power is sufficient to perfectly digest the food. If the brain and muscles have less to do, more can be done by the stomach and liver and kidneys. If care is taken to select the most digestible food, and that which gives most strength and “tone” to the system in proportion to the expense of digestion, there will be a gain which can stand to the credit of the muscles and brain. Besides this, there can be counted the gain which comes from the natural recuperative power when rest is permitted.

After a time, if the rules of the preceding chapter

have been regarded, a perfect cure may result; but it will *not* be a *permanent* cure, unless the patient remembers *particularly* that he must keep in reserve enough nervous force to digest his food, and that he cannot work his muscles and his stomach, much less his brain and his stomach, at the same time.

MEDICINES FOR DYSPEPSIA.—They are plenty, especially “bitters,” “tonics” and alcoholic stimulants of all kinds. But these can only give *temporary* relief at best and leave the patient the worse off the more they are depended upon.

If you cannot take the prescribed rest, or if your trouble is only temporary, arising from some special cause or indiscretion, the following remedies can be relied upon to do you good and *not* harm. By reference to the respective pages, you can judge readily which is best suited to your case.

China, page 89; Nux, page 100; Phosph., page 101; Podoph., page 103; Pulsat., page 104; Cincho-carbon., page 114; Pepsin powder, see Appendix.

EARACHE.

(Inflammation of the ear. Abscess in the ear.)

See Chamom., page 88; Merc., page 98; Pulsat., page 104.

ERYSIPELAS.

See Apis mel., page 77; Bellad., page 81; Rhus tox., page 105.

EPIZOOTIC.

See Influenza.

EYES—INFLAMMATION OF.

If from irritation caused by dust or other foreign substances, first carefully remove the cause, then bathe the eye gently with ten drops of *Arnica* tincture to a tea cup of soft water and, if the inflammation is severe, give a dose of *Acon.* every half hour. *Aconite* is the best remedy for most kinds of inflammation or weakness of the eyes caused by, or aggravated by, exposure to cold winds. Inflammation of the eyes with dilated pupils and dread of light requires *Bellad.* every three hours. Epidemic sore eyes may be cured by the use of *Euphrasia* 3rd, every three hours and frequent gentle bathing in clean, warm, soft water. Applications of *hot* water give great relief to badly inflamed eyes. *Halsey's Eye Balm* is the best general remedy for all troubles of the eyes.

FALLING OF BOWEL.

(*Prolapsus ani.*)

This complaint is most common to children though, if not corrected in childhood, it sometimes troubles the adult.

Lay the child across the lap in such a way that the belly falls lower than the knees or shoulders, then having well covered the fingers with sweet oil or lard, press gently but firmly upon the protruded part, separating the buttocks with the other hand if necessary.

The cause of this complaint is usually straining

at stool caused by an urging diarrhea or a constipated habit. It is sometimes induced in children of weakly constitution by the habit of sitting long in the privy or water closet talking or reading. Children should be encouraged for a variety of good reasons, quite obvious to parents of good sense, to remain in the water closet no longer than is absolutely necessary to evacuate the bowels or bladder. If that seems to occupy an unnecessary length of time the parent should know *why*. If there is costiveness or diarrhea, it should be corrected at once, if there is *any other* reason, it should be known to the parent.

REMEDIES.—Podophyllum, page 103; Ignatia, Mercurius and Nux are also at times useful.

FALLING OF SOFT PALATE.

The relaxation and congestion of the uvula or extremity of the soft palate, so that it falls down and tickles the base of the tongue and excites coughing, is quite a common complaint. It is sometimes the result of “a cold,” but more frequently is an indication of a general weakness of the throat from too much talking or singing, or it may be indication of general debility of the whole system. Temporary relief is given by two or three doses of Belladonna 3x. If that is not at hand, gargle the throat with a very weak tea made from red pepper, well sweetened with white sugar.

Afterward China or Napiform Tonic may be used to tone up the system, and, if the tickling recurs quite frequently, a compress wet with tepid water and covered with flannel may be put about the throat for a night or two, care being taken that when it is removed in the morning the throat be well bathed with cold water and rubbed till the skin glows.

FALLING OUT OF HAIR.

This sometimes follows a case of fever, in which case, it is pretty sure to come in again after a time. Sometimes it occurs whenever the individual falls into a debilitated condition. Whenever the hair begins to "comb out" too freely and is evidently growing thin, the best thing to do is to take a dose of China 6th every morning and Phosph. 6th every night, and rub the scalp freely every time the hair is dressed, with Calenduline. (See page 111.) Of course the scalp should be kept clean and no common pomades or other unhealthy greasy substances used to fill up the pores of the skin with dirt.

The use of the above remedies in connection with Calenduline will prevent baldness in any case in which baldness is not hereditary.

Baldness in a person past middle life, say forty to forty-five years old, is rarely cured; but previous to that age it can, in most cases, be entirely remedied by the patient use of the "Scalp Renovator;" so also can *premature gray hair*. (See Appendix).

FALLING OF WOMB.

(Prolapsus Uteri.)

A full chapter on the causes and cure of this ailment accompanies the instructions for the use of Suppository "B," see page 119. A copy will be sent free to any patient wishing it.

FATIGUE.

See Arnica, page 78; Hamamelis, page 94.

FELON.

See "Whitlow."

FEVERS.

SIMPLE FEVER.

Aconite, 3*x*, is the chief remedy, and if given promptly and frequently *at the commencement* of the attack, will usually prevent further trouble. A dose may be given every half hour until four or five doses have been taken; afterwards the interval may be lengthened as the fever abates.

If, with the fever symptoms there is much pain and redness of the eyeballs, or swelling of the glands of the throat, give *Belladonna*, 6, alternately with the *Aconite*, but not oftener than every two hours. If there is a feeling of lameness, stiffness, or soreness of the limbs and joints, or burning pain in the eyes, without much redness, give *Bryonia* 3, alternately with the *Aconite*, every hour or two.

If the fever is high, cover the patient well in bed, after a good, *hot* foot-bath, and put a jug of *hot* water to the feet. Cool water and weak acid drinks are beneficial, but acids should not be taken at or near the time of the taking of the medicines. Indeed, no acid should be used while *Aconite* is being given often, because acids hinder its action. In case of children troubled with worms, see *Cina*, page 90.

BILIOUS FEVER.

(Remittent Fever, Malarial Fever, etc.)

(We believe we cannot do better than to give a chapter on this subject, written in 1868, by Dr. J. S. Douglas, author of "Practical Homœopathy.")

The great majority of fevers in this country are what are called bilious, or bilious remittent, because they give evidence of bilious disorder, or disordered action of the liver, and have a remission every twenty-four hours—that is, a period during which the fever is less. This usually occurs in the morning.

This form of fever, after some days, or hours only, of languor, loss of appetite, and, perhaps, nausea, headache, and feeling of fatigue, makes its attack by a chill more or less severe; pain in the head, back, and limbs; restlessness; a feeling of weakness; bad taste of the mouth, and coated tongue. Its course will depend on the treatment. Under the phlegm and drugging treatment its course is generally

prolonged for several weeks; often assumes at a late stage, a low, typhoid form, and is not unfrequently fatal.

After the chilly stage is over, which may be from one or two to six or eight hours, it is followed by dry heat, continued headache, restlessness, loss of appetite, more or less thirst, and a general feeling of severe sickness. The tongue becomes more coated with a dirty white or yellowish color, the pulse is frequent, often from one hundred to one hundred and twenty in the minute. Toward morning some remission comes on, and perhaps there is a slight moisture of the skin, the pains are less, and the patient sleeps more quietly. This is repeated from day to day. Sometimes the tongue is dry, and of a browner color in the middle. The edges and tip are sometimes red, and sometimes the whole surface of the tongue.

This form of fever, if well drugged, according to the usual Allopathic practice, as I said, is usually prolonged to several weeks. If *no medicine* is given—if the patient entirely abstains from food, and gratifies his thirst with water only, and if the surface is washed frequently, whenever the skin is dry and hot, and the room kept well aired, the fever will generally be ended in from seven to nine days. But, under a good Homœopathic treatment, it is usually cured in twenty-four hours, and where this fails, in less than a week.

TREATMENT.—In the early or chilly stage, put a few drops of Tincture of Gels., in a tumbler, and add an equal number of spoonfuls of water, and give a spoonful every half hour till the chill ceases and perspiration is procured, or the pain and fever subside. Then stop it as long as the improvement continues. As soon as the symptoms begin to return, renew it. In a majority of cases the first dose stops the chill within fifteen or twenty minutes. If the first dose produces no effect, increase it to two, three, or five drops; for there is a great difference in the quantity required by different persons. In many cases one-half or one-quarter drop is sufficient. After a free perspiration is thus produced, the pains subside, and the patient goes to sleep, and when he wakes, is conscious that his fever “is broken up.” It is important that this treatment should be adopted in the early stage of the attack. I have cured innumerable cases by this remedy alone. This is applicable to all fevers that come on with chills and pains, as above described, whether catarrhal (from a cold), bilious, typhoid, or rheumatic. When these symptoms are present, Gels., is the remedy. If the treatment is not commenced till a later period, it will often succeed, and should be tried as the first remedy, but there is much less certainty of success. But it need not be continued over one day, if it is not obviously doing good. If this fails, and the fever puts on the forms and symptoms hereafter described, then corresponding remedies must be used.

Another form of fever comes on slowly and almost imperceptibly, without pain, and with only a feeling of languor, of fatigue, and aversion to any effort. The mind is dull, and the tongue is either merely coated or it is more or less red at the tip and edges, or it is dry and brownish through the middle. In such cases, if not soon relieved by Gels., give Antim. tart., (four grains in a gill of water) in teaspoonful doses every three hours, and continue it for some days. Under this there will generally be, after the first twenty-four hours, a daily abatement, and the fever will subside in a few days. If there is sleeplessness, delirium or headache give besides a dose of Bell., three times a day.

In fevers in which the bilious symptoms are most prominent, such as yellowish coat of the tongue, bitter taste, feeling of fullness or tenderness in the region of the liver, along the edges of the lower ribs of the right side and the pit of the stomach, costiveness, or bilious diarrhea, high colored urine, and feeling of nausea at the stomach, *Pod.*, or *Bry.*, and *Nux* are the remedies. One may be given alone, or both alternately, three hours apart. If, however, the fever is high and there is a good deal of pain in internal organs, *Aconite* must be given, either alone or alternated with *Bry.* until these symptoms are subdued: and here is a good place to remark, that while Gels. is the best remedy known for simple fever, *Acon.* is the indispensable remedy for local

inflammation, which often exists in fever. This distinction is of great importance and should not be forgotten.

If the fever has assumed a low typhoid character, with delirium, great weakness, dry lips, which, with the teeth, are covered with a dark crust; twitching of the tendons, and picking at the bed clothes, give Arsen., and Bell., three hours apart. If there is diarrhœa with this state, Rhus., is a good remedy. In children, Merc. sol.

Under this treatment very few fevers will continue a week. In the severe fevers, it is of great importance to have fresh air passing frequently over a patient's bed to carry off the effluvia constantly arising from the body. It has long been observed in hospitals that patients with fevers did not do as well when placed in a corner where a *current* of air could not pass over them. The whole surface should be sponged over several times a day with water of a temperature to be agreeable to the feeling. Once a day there may be a little saleratus, or soda, or lye from wood ashes added to the water. During the continuance of the fever there should be a total abstinence from food, except water, gruel, rice water, barley water, or similar things made very thin, for a drink; and even these had better be omitted for several days, and only water be given. The linen and bed clothes should be changed daily. The patient should be kept entirely quiet, undisturbed

by noise, and *especially by conversation*; and the room should be cool and not disagreeably light. After recovery commences, if the bowels are costive, give a dose of Nux vom., every night.

TYPHOID FEVER.

(Enteric Fever, Gastric Fever.)

Its causes are often bad drainage of the soil by which means the drinking water and the air breathed are made impure and poisonous; but there is almost always a susceptibility in the patient which makes him more liable to be affected by the poisonous influences on account of overtaking of the nervous system in some way.

For protection from it, breathe fresh, pure air, drink pure water, avoid being exhausted by either mental or physical labor, and especially avoid anxiety and worrying. Take Napiform Tonic if the system is depressed and you feel "blue," or if you are exposed to the same atmosphere with a typhoid patient.

For remedies consult Acon., Arsen., Bellad., Bryon., Baptisia, China, Mercur., Nux, Rhus. See the chapter on fevers page 169. For symptoms see next chapter.

TYPHUS FEVER.

This fever comes on *quickly* after an incubation of only nine days, while typhoid comes slowly and insidiously and is sometimes a fortnight in the stage of development.

The eruption is of a mulberry color, coming out in a single crop on the fourth or fifth day, first upon the extremities; and lasts until the termination of the disease. The eruption in typhoid is a few rose colored spots, generally about the abdomen, in successive crops, which fade and disappear in turn.

In typhus, the *brain* is chiefly affected, and the bowels but slightly; the abdomen is natural, and the evacuations dark; while in typhoid the *bowels* are most affected, the evacuations being ochre-colored and watery, with congestion of the intestinal mucous membrane, and sometimes hemorrhage or ulceration. In typhus, there is a *dusky* blush on the face, neck, and shoulders, injected eyes and contracted pupils. In typhoid, the expression is *bright*, the hectic blush is limited to the cheeks, and the pupils are dilated.

Typhus fever arises from destitution, over-crowding in tenement houses and on ship board, with defective ventilation; and is spread by contagion. For treatment see chapter on Fevers, page 169; also remember that it is blood poisoning, and try what Sulpho-carbolate of Sodium will do. (See page 119.)

FEVER—INTERMITTENT.

(Fever and Ague, Chills and Fever.)

A long experience with the different remedies for fever and ague, leads us to recommend, without hesitation, a remedy which we, several years ago, adopted under the name of Halsey's Antidote to Malaria. It

had been employed for more than thirty years by one of the best experienced and most successful physicians of the Northwest, and in calling attention to its use, he said it was "safe and effective." It is a purely vegetable extract, and entirely free from Quinine, Arsenic and Mercury. Full directions for its use accompany each package. (See page 109.)

It seems to suit all varieties of intermittent fever, except those which are really cases of Quinine poisoning. Persons who have ague of long standing, and have taken much Quinine, and in large doses, will often find Arsenicum, 3x trit., a good remedy. A 3-grain powder should be taken every two hours for twelve hours before the expected chill, and afterwards a dose every hour for three hours before the next chill. Try this for a week, and then give the same dose in the evening *before every seventh* day from the last chill, for four weeks.

See also Chin. sulph., page 90.

In all cases, the patient should avoid indigestible food, over-exertion, or excess of any kind, exposure to excessive heat, and to the early morning air, or the evening air of malarial districts. Sitting-rooms and sleeping-rooms should be kept dry, well aired, and sunshiny.

Those who regard these rules, and keep the stomach and bowels in good condition, will not be troubled with fever and ague, marsh fever, and typhoid fever, if they are careful to take a dose of Napiform

Tonic now and then when they feel the depressing influence of a malarious atmosphere.

FITS.

(See Convulsions.)

FLOODING.

(Hemorrhage of the Womb.)

(See "Bleeding," page 128.)

FOOT-SWEAT.

Fuss-schweiss-mittel sprinkled on the feet before drawing on the stockings, will prevent foot-sweat with the fetid odor which usually accompanies it. Sulphur, 6th, night and morning, for a few days, will cure the disposition to it.

FRECKLES.

See "Moth."

FREEZING.

Rub the frozen part immediately and briskly with snow or ice-water, and keep away from the fire till it is thoroughly thawed.

If the part has already thawed out, and becomes a chilblain, see the chapter on that subject, page 142.

FRETTING OF CHILDREN.

(See Crying of Children.)

GALL-STONES.

The distress caused by the passage of gall-stones may be greatly lessened by taking pure Olive Oil freely at the time. It not only partially dissolves

these concretions, but it also lubricates them and the lining of the intestines through which they must pass.

Patients troubled by them should take China, 3x, two or three times daily, or Podophyllin, 3x, in the same way. (See the *Materia Medica*.) The liver is at fault.

GOITRE.

This enlargement of a gland of the neck, called the thyroid gland, is usually cured by the use of *Goitre Powder*. Full directions accompany it. (See Appendix.)

GOUT.

It is said that rheumatic gout can be cured by taking lemon juice freely in hot water three times a day.

GUM BOILS.

(See *Mercur.*, page 98.)

HAY FEVER.

No one physician and no one medicine is successful in curing every case of hay fever. The symptoms vary almost as much as the individuals. Sometimes, when a case seems thoroughly cured by some medicine, or by removal to some locality where the atmosphere is free from the pollen of those plants which are supposed to cause the irritation producing the disease, a fresh attack will suddenly be experienced without any apparent cause.

The best treatment we have known for the majority

of cases is, First: To see that the general health is as good as possible. Second: To take Napiform Tonic two or three times a day for a week before the usual time for an attack, and then once or twice a day for several weeks, thus keeping the system braced up against the poison. Third: If an attack comes on, take Catarrh Disks till the acute symptoms are relieved, and then resume the Tonic again. Next season the liability to the disorder will be lessened, if the disposition to catarrhal troubles has been properly treated meantime, and in one or two years there may be entire freedom from it. The use of the "Compound Oxygen" treatment is said by many to give great relief. (See page 140.)

HEADACHE.

Different kinds of headache are mentioned under Acon., page 76; Bell., page 81; Bryon., page 83; Coffea, page 91; Ipecac, page 96; Cincho-carbon, page 114; Gelsem., page 92; Nux, page 100; Podoph., page 104.

Sleep if you can, unless it is a case of indigestion from overloading the stomach, or want of exercise.

Sick-Headache.—At the first symptoms put five or six drops of Tinct. Ipecac into half a glass of water, and drink at once. If not relieved in half an hour, repeat the dose. If the attack has already made much progress, Nux Vom., 3rd, taken every hour will soon greatly relieve.

Sick-headache, with vomiting, and pain on the

right side of the head, requires Iris vers., 3x, a dose every half hour.

Persons regularly subject to sick-headache will find this disposition almost or quite removed by taking a dose of Calc. carb., 200th, every night for a week, and then a dose of Nux Vom., 200th, every night during the next week, and so alternating during several weeks.

Avoid drinking much coffee and eating more than sufficient to satisfy hunger.

HERNIA.

See Rupture.

HIVES.

See Nettle-rash.

HOARSENESS.

See Bryon., page 83; Chamom., page 88; Hepar sul., page 95; Kali bich., page 97; Phosph., page 101; Spongia, page 106; Catarrh Disks, page 113; Compound Oxygen, page 140.

HOOPING COUGH.

See Whooping Cough.

HYPOCHONDRIA.

See "The Blues," page 124.

HYSTERIC.

Persons subject to hysterics should avoid excitement, and lead as active a life as possible in the outdoor air. Tea, coffee and other stimulants which stimulate the nervous system and have a corre-

spondingly depressing influence by reaction must be given up.

When an attack is felt to be coming on, a glass of cold water, taken at once, will give relief, and if two or three drops of Aconite Tincture are added, most cases will be under control immediately. If the patient is a woman, subject to uterine congestion, or prolapsus, Belladonna 3x is the remedy. Two or three doses, an hour apart, will quickly relieve. If she suffers from unnatural excitement with a morbid disposition to find fault with those she knows are her best friends, Sabina 3rd, every three hours a dose, will give relief.

In treating a hysterical patient, be firm and decided, though gentle; so as to influence as far as possible by magnetic power.

See also "Nervousness."

INDIGESTION.

See Dyspepsia.

INFLUENZA.

Influenza is epidemic catarrh. It arises from a miasm or disease influence in the air at certain times which is poisonous to certain individuals. Besides the symptoms of a sudden cold in the head, there is a rapid prostration of strength which usually lasts two or three days. If Camphor is taken promptly, as for a chill, at the very outset of the disease, it will very soon antidote the poison, or rather, it will aid the system to resist its effects. The patient should

go to bed, with a bottle of hot water applied to the feet, and should stay there until the feverish symptoms and the feeling of prostration have passed off.

If Camphor cannot be taken in good time, Arsenicum is the remedy prescribed in the books. See page 79; but in our experience Catarrh Disks taken every three hours while the feverish symptoms continue, and Napiform Tonic when there is no fever, constitute the best treatment.

INTERMITTENT FEVER.

See "Fever and Ague."

INVOLUNTARY EMISSIONS—SPERMATORRHEA.

China, page 89, and Phosph., page 101, are valuable remedies in the nervous debility accompanying this disorder of the system. Other medicines are required according to circumstances, but *the cure* depends more upon the removal of the cause, and upon proper hygienic measures than upon medicines. Above all things keep out of the hands of advertising "quacks." The highway robber, as compared with them, is a gentleman. He demands "your money or your life;" they take your money *and* your life.

This disorder is no more contagious or dangerous or incurable than chronic diarrhea or chronic catarrh, although it may take *longer* to cure it.

It may be in part an inherited weakness. It may be that there was an irritating cause such as worms,

or some intestinal ailment, which predisposed to it. It may be that your parents did not properly look after you before you had much sense, and failed to tell you about yourself and warn you of the dangers before you when you had sense enough to take warning. In any case you have no more to be ashamed of, or afraid of, than the young lady who is suffering from some weakness peculiar to *her* sex, because she inherited it from her mother, or because, in her ignorance, or carelessness, or willfulness, she has, in some way or ways, transgressed the laws of health.

Therefore—get rid of your shame-faced discouraged look. Get rid of the idea that you have a woeful secret to keep. If you are yet a boy at home, go straight to your father, if you have a good one, and tell him your trouble. If you have grown beyond a father's care, and have come into your trouble by wrong doing, repent, and give up the evil ways. Then you can respect yourself and will have a right to the respect of others. Find an intelligent homœopathic physician who is also *a good man*, and put your case into his hands just as you would with any other condition of disease.

If you do not know any such physician, the next best thing is to write to us, and we will give you the address of such an one in this city, or, if you prefer, we can send you for \$1, Prescription No. 848, which, with the instructions accompanying it may

be all that is required to put you on the high road to health and manly vigor.

ITCH.

Give Sulphur, 6th, twice a day, and rub the eruption well with an ointment made of a teaspoonful of "flowers of sulphur" well mixed with a teacupful of fresh lard. It may need to be applied two or three times. Obstinate cases may oblige you to send for the Hepar sulph.-Kali Lotion. (See Appendix.)

For "Prairie Itch" ("Seven Years Itch") give Hepar sul., 6th and 30th, alternately every night and morning, and apply Calenduline freely to the eruption.

KIDNEY COMPLAINT.

The increased prevalence of disorder of the kidneys does not make it a necessity that any one should imagine he has some serious disease of the kidneys, because there is pain in the back, or some difficulty in passing or retaining urine, or some peculiar appearance to, or sediment in, the urine.

Beer drinkers, and especially drinkers of the well-drugged beer of the present day, have good reason to be on the watch for symptoms of disease of the kidneys; but, with good habits of life, most troubles supposed to be of the kidneys are really only the result of a strain from over-lifting, or a rheumatic attack of the nature of lumbago, which a few doses of Arnica (see page 78), or a Lumbago plaster (see

Appendix) will quickly cure; or they may be referred back to torpidity or congestion of the liver, which must be treated accordingly.

A real inflammation of the kidneys must be treated with Acon., Canthar., Merc., Nux, or Puls., according to symptoms. (See *Materia Medica*.)

LEUCORRHEA.

See Suppositories B, and C, page 119. A full chapter on the subject of Leucorrhea accompanies the instructions for the use of these Suppositories, and will be sent free to any lady wishing it.

LICE.

Children must go to school, and for adults the old adage is as true now as ever: "Misfortune makes strange bed-fellows." After the use of the comb, and proper cleansing, one or two applications of "*Cocculus Lotion*" will clean out the vermin and destroy the "nits." The mercurial ointments often used for this purpose are very dangerous, the mercury being readily absorbed by the skin.

LIVER COMPLAINT.

See "Blues," Biliousness, Dyspepsia; also, Bryon., page 83; China, page 84; Mercur., page 98; Nux, page 100; Podophyl., page 104.

LOSS OF VOICE.

A few doses of Acon., 3x, then Phosph., 6th, every four hours, then—patience.

If you have Catarrh Disks in the house, and take

them instead of Acon., and Phosph., you will have less need of patience. See also Camphor, page 87.

Two or three sittings with the Compound Oxygen Inhaler may serve you without any medicine. (See page 140.)

LABOR PAINS.

Irregular and ineffectual labor pains require one or two doses of Caullophyllin. In tedious labors from a rigid and unyielding state of the parts, Gelsemium, three drop doses, acts like a charm, according to Dr. J. S. Douglas. See also Coffea, page 91.

LAMENESS.

See Arnica, page 78; Bryon., page 83; Hamam., page 94; Rhus., page 105; Arnica Oil Compound, page 110.

LOW SPIRITS.

See "The Blues," page 124.

LUNGS—INFLAMMATION OF.

See Pneumonia.

LUMBAGO.

Cimicifuga, 3x, every three hours, is the best internal remedy in nearly all cases, but the surest and quickest cure for this peculiar, weakening, back-breaking pain is Halsey's Lumbago Plaster.

MEASLES.

Acon., 3d, and *Pulsat.*, 6th, alternately every two hours, are the remedies in simple cases. If there is very high fever, give the *Aconite* oftener—say every

half hour. Keep the patient well protected from the air, so as to avoid a chill.

A dose of *Pulsat.*, 6th, every night and morning during the epidemic, will almost invariably protect from an attack, or, at the least, will make the attack much less severe. Some parents, finding the attack like that of an ordinary catarrh, commenced treating it with Catarrh Disks, and, as the patients did well, they carried them through the entire course of the disease, giving no other medicine.

If measles are properly treated homœopathically, and the patient is not allowed to take cold, there is no danger of after evils. If any bad symptoms show themselves, the remedies will be found in the *Materia Medica*.

Parents who cannot easily obtain medical advice are often alarmed by an attack of measles in the fear that it may be scarlet fever.

The following items will perhaps help them to determine.

In measles *catarrhal* symptoms are prominent—watery discharge from the eyes and nose, sneezing, harsh cough, etc. In scarlet fever catarrhal symptoms are usually absent, but there is great *heat of the skin*, *sore throat*, and some times *delirium*.

In measles the rash is of a *pinkish red* or *raspberry color*. The white streak produced by the back of the nail is not uniform, and lasts but a short time. In scarlet fever the eruption is of a

bright scarlet color, and by drawing the back of the nail over the skin a white streak is produced which lasts two or three minutes.

In measles the eruption is somewhat *rough*, so as to be felt by passing the hand over the skin, and is in groups of crescent form. In scarlet fever the rash usually presents *no inequalities* to sight or touch, and is so minute and closely crowded as to give the skin a *uniformly red* appearance.

In measles, the eye is liquid, tender, *watery*. In scarlet fever there is a peculiar *brilliant stare*, "as if the eyes were glistened by an ethereal lustre."

In measles, the cuticle is thrown off in minute portions like *scales of fine bran*. In scarlet fever the cuticle is thrown off in *large patches*, especially from the hands and feet.

Both are very contagious, and the danger of contagion does not cease until the scurf of the eruption is entirely thrown off.

MALARIA.

What it is no one seems to know. What we *do* know is, that in certain localities, and at certain times, there lurks in the atmosphere a poisonous influence which affects certain individuals, taking away strength, appetite, ambition, courage; and throwing the whole system into disorder. Also we know that those are most easily affected who are least able to resist, because they are over-wearied, or weakened by other disease, or not naturally strong.

If you are so exposed, and feel the depressing, disheartening, discouraging influence, for which you can not account in any other way, it is time to take Napiform Tonic, or change your residence.

If you have allowed the poisonous influence to continue unchecked until chills and fever are settled upon you, the Antidote to Malaria will help you out of the trouble; and the sooner the better. (See pages 109 and 115.)

MENSTRUATION FAULTY.

Too early in the month, Calc. carb. (see page 84), or Calc. phosph., if there are also Phosph. symptoms (see Phosph., page 101). Too profuse, Calc. carb.; too late, or delayed on account of taking cold, Pulsat., 3d, three times daily. Painful, Belladon., Gelsemium, Viburn op., Suppository D (see page 119).

MILK-CRUST.

If the child is scrofulous, Calc. carb., three times a day. If there is an acrid discharge from the eruption, the itching is violent, worse at night and in cold air, and better from warm air, Arsenicum three times a day. If the eruption discharges a sticky fluid, and appears chiefly on the chin and behind the ears, and every little scratch of the skin becomes a running sore, Graphites, 6th, three times a day. (See also Sulphur, Rhus tox., and Sepia.)

MORNING SICKNESS.

Consult Arsenicum, Ipecac, Nux vom., Puls., and

Veratrum, in Materia Medica. Perhaps none of these will quite suit the case, as the cases vary with the peculiarities of patients. Cincho-carbon suits some cases nicely. Dr. Ruddock says, Kreosotum, 3x, rarely fails in persistent morning sickness from sympathetic disturbance. Two drops every four hours.

MOTH.

Discolorations of the skin called "moth;" also those called "freckles," are usually soon removed by the use of a compound prepared by us for this purpose, and called "Dermal Cologne."

MUMPS.

Take Mercurius, 6th, three or four times a day, and *don't* take cold, or, if you do, then take Catarrh Disks to prevent evil results following. Taking cold during or after mumps often causes, in one sex, inflammation of the breasts, and in the other, inflammation and swelling of the testicles.

NAUSEA.

See Ipecac, Nux, Podoph., Pulsat., in the Materia Medica.

NEURALGIA.

Neuralgia indicates a debilitated condition of the nervous system and may have either hereditary or constitutional causes, or both combined. Or, it may have only a local cause, as, for instance, an ulcerated tooth, a thorn, or splinter, or an abscess pressing upon or irritating a nerve or nerve trunk.

Of constitutional causes, we may mention any depressing influences, whether mental or physical, as anxiety, grief, night-watching, over-taxing of the mind by excessive application to business, or study, or social duties, or in religious or other emotional excitement; lack of sleep from any cause; insufficient nourishment; debility from loss of blood or other vital fluids.

When the system is thus weakened, a slight chill, or an exposure to wet and cold, or to sharp, cold winds; a decaying tooth, or an inherited gouty or rheumatic taint is sufficient cause for an attack of neuralgia, which may be soon relieved, or may bring distress to the unfortunate sufferer, either periodically or at regular intervals for weeks and months; and, in some cases, a long life-time is made miserable by its frequently-recurring attacks. Happily, it is within the scope of the rules of hygiene to prevent much of this suffering, or to render it much less severe; and also within the power of Homœopathy to greatly relieve, and, in most cases, to cure the malady.

The great majority of neuralgic patients is found among the hard-working and badly-nourished classes of our poorer people. Many also of the better classes suffer from it, partly perhaps on account of enfeebled nervous condition coming to them by inheritance, the result of too much tea-drinking or coffee-drinking, or the excessive use of tobacco or spirituous liquors

by their parents; partly because of their own faults and follies, in dissipation, or in "making haste to be rich," or in striving to keep up with those who have more means or time or strength at their disposal; in one way or another forcing the poor body to "make bricks without straw," and goading on the vital powers to the verge of a distraction which may result in insanity, or to an exhaustion which may result in paralysis.

A consideration of the cause or causes of the ailment is the first step towards a cure.

If the nervous system has been exhausted by over-taxing, a certain amount of rest is an imperative necessity. If excesses of any kind have reduced the vital power, they must be avoided. The use of stimulants—such as wine, ale, brandy, bitters, coffee, tea, tobacco, and opium—may "tone up" the system for a while, forcing the organism to carry its burden a little further, to stick to its task a little longer; but it is *working with a false strength*, doing business on borrowed capital, and expending all the receipts, so there must come a break-down sooner or later, and the greater the amount done on the false capital, the less the chance of recovery from the failure.

If stimulants of this character are ever safe, it is only in their use to enable the system to recuperate, by the aid they may give in the digestion of suitable food and the assimilation of appropriate nourishment *during a condition of rest*, and the excitation

produced by the stimulant must not lead the patient to increased undertaking—just because he “feels so much stronger,” or has “not felt so well in a long time,” etc., etc.; but, if there is any gain, it should be allowed to go to the recuperation of the exhausted energies, or, to return to the simile used above, it should be placed to his credit in the bank to meet future liabilities. (Of course, in a time of rest, as well as at other times, due regard must be had for healthful exercise.)

Whatever stimulants are used should be of the least injurious kind. Alcoholic stimulants, opium and tobacco in whatever form, should never be tolerated, even temporarily, if anything else can be found to answer the desired purpose; for, in the first place, they are poisonous, and, in the second place, there is almost always the danger that even a temporary use of them will beget an appetite for them which it will be difficult or impossible to control.

Even strong coffee and tea are open to the objection that those who use them are over stimulated by them and induced to effort which lies beyond their natural ability; and whoever is stimulated *in any way* to go beyond his *natural* power of mind or body, must pay the penalty in the reaction and exhaustion which are sure to follow.

The natural and proper stimulants are wholesome food and pure water, pure air, bathing with proper friction of the skin, moderate exercise, and social enjoyment.

Enfeebled constitutions require such additional stimulants as will aid *in the digestion of suitable food—nothing more*. Weak black tea or cocoa suit some well; a cup of beef tea, or of unfermented grape juice an hour before eating is a good thing for others. Many cases are greatly benefited by wearing the magnetic belts or bands as a gentle stimulus to digestion and the nutritive processes of nature; but even they should be laid aside as soon as that advantage is gained, and only resumed as required; and not be presumed upon to carry one through an extra task in eating and drinking or other excess, unless a proportionate amount of rest is allowed the vital powers after work. Special cases require special consideration.

The Napiform Tonic is a valuable help in all such cases; but remember—it is *not strength*, only *a help*.

Dr. E. H. Ruddock says: "It is especially necessary that *animal fats* should enter largely into the diet of neuralgia patients, and any aversion to them or inability to digest them should be overcome. Well directed efforts of this nature are nearly always successful. (Pancreated Pepsin Powder will help any one to digest fat. An occasional dose of Pulsatilla 3d or 6th, aids in the digestion of fatty food and in removing distaste for it.) The particular form of fat is not important, and the variety may be adopted which best suits the taste and stomach. Cod-liver oil, sweet butter, sweet cream, mutton fat, or even

olive oil, should be used in as large quantities as the digestive organs can bear."

Change of air and scenery, and of occupation are now and then beneficial to all invalids and especially to neuralgic and dyspeptic patients.

Of the different varieties of neuralgia, we shall only have space to mention three: *neuralgia of the face*, often called *tic-douloureux*; *megrim*, or *brow-ague* (neuralgic pain on one side of the head over the eye-brows;) and *sciatica*—an affection of the sciatic nerve from the hip to the knee, or even to the foot.

MEDICAL TREATMENT.

1. Facial neuralgia from cold, anxiety, or night-watching; pains severe in paroxysms; congestion of head or lungs—Aconite 3d every half hour, and frequent applications of Aconite Lotion.

2. *Burning* or tearing pains, periodical, *worse during rest, anguish, excessive restlessness*, irritability, general *exhaustion* and debility, *cold extremities*, pure sciatica. Pain on one side of head or face, in paroxysms, scalp cold, sore:—Arsenicum 30th, every three hours.

3. *Periodic* neuralgia, same hour of day or night. Tearing or shooting pain in temple down to ear, especially left side; pains *very weakening* and *much dreaded*:—Bebeerine sulph., 1x. a grain dose every two hours till relieved, then every three or four hours until time has passed for next attack.

4. Burning, cutting, tearing, stinging, or throbbing pains, one or both *cheeks flushed* and sometimes swollen, eyes red and watering, and painful, sometimes inflamed, and sensitive to light, *congestive* headache. The general condition and habit the opposite of No. 2 above. Tic Douloureux.—Belladonna, 6th, every two hours.

5. *Nervous Headache*, facial neuralgia, or tic douloureux. Intermittent pain, especially on the right side; pain in the maxillary region, with chilliness in the evening, followed by heat and perspiration in the night. Weariness and inclination to lie down; pain aggravated at night on lying down, gradually increasing and subsiding. Zincum valer. 3x. trit., three grain doses every 20 minutes.

6. Neuralgia from *malaria*, or loss of blood or other animal fluids:—China, 6th, every three hours.

7. Brow-ague, especially from malaria or with symptoms of “ague”:—Napiform Tonic according to directions.

8. Neuralgia from carious teeth:—Mercurius.

9. Sciatica (neuralgia of the nerves of the thigh, and extending to the knee). See Arnica Oil Compound, page 110.

Cham., Gelsemium, Phosph., Spigelia and Pulsatilla are sometimes required.

NERVOUS DEBILITY.

See China, page 89; Phosph., page 101; Nux Vom., page 100; Napiform Tonic, page 115.

NERVOUS HEADACHE.

Much of the "nervous headache" so common to women is more properly called neuralgia, and may be cured by Bellad. or Zinc. val. See Nos. 4 and 5 in the chapter on "Neuralgia."

NERVOUSNESS.

Acon., page 76; Bellad., page 81; Chamom., page 88; Coffea, page 91; Gelsem., page 92; Nux., page 100; Pulsat., page 104.

NETTLE-RASH.

(Hives.)

Aconite, every hour or two, if there are feverish symptoms; Bryonia, every two hours, if there is an irritable temper and no fever; Dulcamara, 3rd, every three hours, if neither Acon., or Bryon., is well suited, and the weather is especially damp and chilly. If caused by indigestion, Pulsat., every two hours. See also Apis., page 77.

Slices of lemon rubbed over the itching spots give temporary relief.

OLD SORES.

See Calenduline, page 86.

PAIN OR ACHING IN BONES.

See Bones—Pains in.

PALPITATION OF HEART.

This may be caused by nervous excitement from any cause, and be only a sign of some degree of nervous debility. Over-exertion, or a chill, some-

times causes palpitation of the heart in weakly persons. It is frequently an accompaniment of dyspepsia, and often follows pneumonia. It is therefore not always a cause for alarm, or an evidence of heart disease. Remedies which are suited to nervous excitement, nervous debility, etc., will generally relieve and cure. In almost any case the Oxygen Treatment will be a benefit. See page 140.

PILES.

For "bleeding piles," with pain in the back, "as if it would break," take Hamamelis, 3x, and use Hamamelis Cerate or Hamamelis Suppositories. For piles bleeding little or none, yet very painful, and especially if there be much itching and a sensation as if the rectum were full of small sticks, take Æsculus, 3x, and use Æsculus Cerate or Æsculus Suppositories. For obstinate cases for which the above treatment is unsuccessful, Suppository A (page 119) is well suited. If there is much ulceration and great soreness, Halsey's Pile Cerate will give relief, and, sometimes, will cure even the worst case. See Nux vom., page 100; Pulsat., page 104, and Sulphur, page 107.

PLEURISY.

If it is *real* pleurisy—that is, inflammation of the membrane surrounding the lungs—the pain is felt most on *filling* the lungs by a long breath. Give Aconite, 3rd, and Bryonia, 3rd, alternately,

every half hour at first, then every hour. The patient should be kept warm in bed with a jug of *hot* water to the feet, and perspiration encouraged. "False pleurisy"—inflammation of the muscles of the chest, "stitch in side"—is known by the pain being more severe on *emptying* the lungs. This affection is of a rheumatic character, and frequently results from over-lifting, or straining of the muscles in some other way, and then taking cold. Arnica (see page 78) will generally relieve. If there is much fever give Aconite at first. If *not* from a strain, or if the patient is better on motion, but worse toward evening and night, Pulsatilla is the remedy.

PNEUMONIA.

Inflammation of the lungs is a frequent disease in northern latitudes. The most frequent cause is exposure to cold winds. It generally begins with a chill; then there is pain in the chest, difficulty of breathing, fever, cough, at first dry, afterwards moist, with expectoration which, as the disease advances, assumes a hue like rust or prune juice; this expectoration is distinctive of this disease; the patient generally lies upon his back; the skin is hot and dry, and the pulse quick. Acon., and Bryon., or Bryon., and Phosph. will suffice for most cases; when there is much oppression of the breathing, Ant. tart. may be considered; Lycopod. is a capital remedy for children. The application of cloths,

wrung out of cold water, affords much relief; they must be well covered up with flannel. Some apply warm poultices of bran over the whole chest. The diet should be light at first, but care must be taken to keep up the strength.

Typhoid symptoms may sometimes supervene; but Bryon., Phosph., or Rhus will usually suffice.

(*Dr. Shipman's Homœopathic Guide.*)

Some physicians use the Thermal Bath (page 22) in every case of pneumonia or pleurisy where it is possible to give the time required, and say they expect to see the patient cured at once if it is a recent case. The judicious use of the bath in connection with the remedies suited to the case would certainly be good practice.

POISONING WITH IVY.

See page 119.

POISONING.

The following directions can be observed while a physician is sent for, or in case no physician is to be had. In poisoning by *Arsenic*, cause vomiting as soon as possible by tickling the throat with the finger or a feather, or by giving two or three spoonfuls of mustard mixed with half a tumbler of water. *After* the vomiting give several spoonfuls of finely powdered charcoal, or, if that is not at hand, give a plentiful dose of olive oil. Beef tea or any good meat broth, or easily digested and strengthening food, should be given as soon as the worst symptoms

are over. *Corrosive sublimate* is sometimes taken, by accident or design, in the form of "*bed-bug poison*." Give at once the *whites* of several eggs. If eggs can not be had at once—stir up wheat flour with water or sweet milk, and give to drink freely, until the eggs are obtained; or give plenty of sweet milk in place of the flour and water, any of these serving in part to antidote the poison. After giving them, empty the stomach by vomiting, with lukewarm water or tickling the throat, or by a solution of twenty to thirty grains of sulphate of zinc.

Opium, Laudanum, Paregoric, Morphine or other preparations of Opium. Give Sulphate of Zinc emetic as above. If vomiting is not produced in ten minutes, give a cup of coffee as strong as can be made, and without milk. If the patient has already passed into a state of stupor, use every possible means to arouse, as, for instance—dashing cold water, or cold and warm water alternately on face and chest. Don't allow sleep so long as the drowsy condition continues. Keep the patient in motion. After vomiting freely, give lemonade, or vinegar and water.

In poisoning by acids, vitriol, etc., give baking soda or washing soda, or milk, or flour and water. Empty the stomach if possible, and afterwards use flax-seed or slippery-elm tea.

PRAIRIE ITCH.

See Itch.

PROPHYLACTICS.

Prophylactics, or *preventives of disease*, should always be kept in mind.

Belladonna—Scarlet fever (see page 81).

Calenduline—Chapped hands and lips, baldness, dandruff (see page 111).

Camphor—Cholera (see page 87).

Catarrh Disks—Croup, catarrh, pneumonia, bronchitis (see page 113).

Hepar sulph.—Croup (see page 95).

Napiform Tonic—Malarial, bilious, and intermittent fever, neuralgia, hay fever (see page 115).

Pulsatilla—Measles, whooping-cough (see page 104).

Sulpho-carbolate of Sodium—Scarlet fever, diphtheria, erysipelas, puerperal fever (see page 119).

Teething Disks—Rickets and emaciation of children from lack of nourishment (see page 120).

PROLAPSUS UTERI.

See Falling of the Womb.

RHEUMATISM.

To treat this topic properly would require a longer chapter than we have room for in so small a book. But, perhaps, if you look at Bryonia, page 83. Rhus, page 105; Sulphur, page 107, and Arnica Oil Compound, page 110, you will get rid of your rheumatism so soon you will not care to hear any more about it.

RICKETS.

See Calc. phosph., page 85; Teething Disks, page 120.

RINGWORM.

Apply *Phytolacca* Cerate.

RUPTURE.

(Hernia.)

The term *hernia* is used to denote the protrusion of any organ from its containing cavity, as, for instance, hernia of the lung, of the brain, of the iris, of the intestines.

The term *rupture* is applied only to abdominal hernia.

These viscera are more subject to hernial protrusion, on account of the complex and thin-walled cavity in which they are contained, and on account of the pressure to which they are subject, and their great mobility.

The common varieties of rupture are: inguinal or scrotal hernia, the bowel passing down into the scrotum; femoral hernia, the bowel passing out into the groin between the thigh and abdomen; umbilical hernia, the protrusion being at the navel.

Insufficiency of the abdominal walls, or unusual pressure from within are the *elementary* causes to which ruptures must be referred. The *producing* cause usually is some act of "straining," such as takes place in lifting, coughing, vomiting, or while at stool.

Peculiar causes predispose the male infant to the occurrence of inguinal hernia, and also give rise to certain peculiarities of the affection known as *congenital* and *infantile* hernia.

It is a great happiness to know that almost or quite every case of rupture, if taken in time, can be cured by the excellent appliances now made for this purpose. Before the age of puberty, ruptures have a spontaneous tendency toward spontaneous recovery. It remains then only a necessity to see that a properly constructed truss is properly applied and kept in place.

No case of rupture in a child should be allowed to go unsupported for an hour. The bowel should be returned to its place, and kept there by a suitable bandage until the proper truss is obtained. Sometimes the small size of the tumor, together with the absence of pain and other troublesome symptoms, lead to the assumption that delay is unimportant so long as the child is young and not active. This is a dangerous error; for while the rupture is down, even if not increasing in size, it is still molding the parts into their new relations, and diminishing each day the chances of permanent restoration.

It is important to have a *good, well-fitting truss*. Get your physician to attend to it promptly, or send to us, and we will give you directions for measurement, and send you *the best truss that is made*.

SALT RHEUM.

Cases not very troublesome will be relieved by the use of Calenduline. For obstinate cases, see page 118.

SCALDS.

See Burns.

SCALLED HEAD.

See Calenduline, page 111.

SCARLET FEVER.

(The following, from Dr. Shipman's Homœopathic Guide, is the most concise and practical article we can find on this subject.)

Scarlet fever is a very common disease, and, while in its milder forms, readily yielding to treatment, or scarcely needing any; in its most violent forms nothing is more justly alarming. Cases occur, happily not often, which from the very first symptom—bear the impress of death. If a physician is remote, the severer forms would terminate fatally before any advice could be had; and if one is to be had after a few hours, it is highly important that these few hours should be well employed. I shall therefore attempt to lay down explicit directions for the treatment, hoping that if they fail to give satisfaction in some cases, they may prove useful in others.

As regards the causes of scarlet fever, little is known about the matter, and that little sheds no light upon the question how these causes are to be avoided. When this fever is prevailing epidemically, the best

preventive is to keep the health of children in as robust a state as possible, by proper exercise in the open air and due attention to the rights of the stomach. Bell. is said, by many, to be a preventive, and there certainly can be no harm in giving from two to six pellets every morning (according to the age of the child) for a few mornings—then intermitting for a few days.

Scarlet fever is divided, for convenience, into three forms: the simple, the anginose (when the throat is much involved), and the malignant; though it would be difficult for one to say where one class ended and the other began, nor is it essential in practice to discriminate. The symptoms attending each particular case must determine what remedies shall be given.

The precursory symptoms of scarlet fever are chilliness, nausea, often vomiting, fever, headache, not differing materially from those of other fevers. It is only when the eruption breaks out that we can say, this is scarlet fever. This often occurs after two or three days of precursory symptoms. It appears first on the face, upper part of the chest and arms, which present the appearance of a boiled lobster-shell; on pressure being made with the finger, the skin becomes white. With the appearance of the eruption, or soon after, the throat becomes inflamed, and the papillæ of the tongue become prominent, projecting through a whitish or yellowish coating; the fever is high, the skin burning hot. When the

eruption is fully established, the other symptoms, in mild cases, generally subside; the eruption gradually spreads over the whole surface, and about the fifth day, sometimes a little later, the skin begins to peel off. This process continues for two or three days—sometimes occurs more than once, and may last three or four weeks. In most cases, even slight ones, children complain much of the itching of the skin.

The treatment of these simple cases is itself simple. The child should be kept comfortable, neither too warm nor too cool; the diet should be light; the whole body, at least where it itches, should be smeared with lard, bacon rind, or glycerine, and if there is much soreness, a slice of pork may be tied about the throat. Bell. is the remedy. It may be given at intervals of from one to four hours, according to the severity of the attack. Acon. will probably have to be given from the first appearance of fever, before its character was fully developed, after which Bell. is more appropriate. Many physicians give the two alternately. In mild cases this is all that is needed. Great care should be taken, during convalescence, to prevent taking cold, as this may be followed by the most serious consequences, even when the fever has been of the mildest form.

But now, suppose the eruption comes out here and there, in patches—not so promptly and distinctly as in the simple form, sometimes not at all—but there is more sore throat; swallowing is difficult; the

glands under the jaw are swollen; on examining the throat, the tonsils are found to be much swollen, sometimes blocking up the passage, and intensely red. This is the second form—the *anginose*; the inflammation of the throat progresses; the tonsils are covered with mucus, sometimes are ulcerated; in addition to this there is sometimes a yellowish discharge from the nose, making the upper lip sore. In this form the fever is high; the pulse quick; the brain is sometimes affected, and there is great restlessness and distress; the swelling of the tonsils makes the breathing difficult, and taking of food sometimes impossible.

In treating these cases, the same aids should be used as mentioned in speaking of the milder form. Gargle the throat with Camphor, if the child is old enough; if not, permit it to inhale the Camphor vapor. Give Merc. dulc., 2, every two hours alternately with Bell., if there is much disturbance about the head. If the tongue has a dark and dry appearance, Bell. and Rhus should be given every half hour or hour. If there is a tendency to stupor, and the medicines do not seem to have the desired effect, give a few pellets of Op., every hour, for three or four times, then recur to the remedies previously given. If the eruption fades out, Bry., Camph., Ipec., Ant. tart. may be considered.

If these symptoms are considerably intensified, we have *malignant* scarlet fever; but, unhappily,

this form can not be described in terms quite so simple. Sometimes the disease comes on with convulsions, in which the patient dies in twenty-four hours, or less; though it may be mentioned that all cases which commence with convulsions are not thus dangerous; sometimes the patient falls at once into a profound sleep; at others into a collapse; diarrhea carries off some in a short time, while, in other cases, the scarlet fever runs into a typhoid. To give directions for the treatment of all these different conditions (and there are yet others) would be, of course, impossible. An intimate acquaintance with the *Materia Medica* will throw all the light upon the subject which can be given. Where there are convulsions, however, it may be proper to state that Ammon. carb., 1, should be used; have it freshly prepared, if possible; also in cases with typhoid complications.

In the low form of this, as well as other diseases, the strength must be kept up. Recourse must be had occasionally to Camph., or Op., when prostration seems to be threatened, and wine whey, beef tea, and other nourishing articles of diet, must be employed.

Great care should be taken against taking cold during convalescence, as patients are liable to many painful and even fatal disorders, the worst of which is dropsy. Ars., Bry., Merc., Sulph. may be consulted in such cases, but the advice of a physician should be had, if possible. (See also Apis, page 78, and Sulpho-carbolate of Sodium, page 119.)

It is said that exposure to scarlatina sometimes results in diphtheria, and *vice versa*. Certain it is that in an epidemic of either disease, throat troubles, common sore throat and "quinsy" are very common.

To distinguish between measles and scarlet fever, see page 187.

SCARLET RASH

Has an eruption of darker color than scarlet fever, and the skin does not turn white when drawing the back of the nail across it. The eruption feels rougher under the finger, something more like that of measles. Give Aconite every two or three hours, and Bell., or Coff., if there is much brain excitement.

SCIATICA.

See Neuralgia, page 190; Colocynth, page 92; Arnica Oil Compound, page 110.

SCROFULOUS AFFECTIONS.

See Calc. carb., page 84.

SEA-SICKNESS.

Arsenicum, Ipecac, and Nux vom. are suitable in different cases. (See Materia Medica for symptoms.)

Cocculus, 3x, is recommended where there is *giddiness* like that caused by drinking beer, or spirits, with *nausea increased* by rising in bed, or by the motion of the vessel.

Dr. Ruddock recommends Petroleum, a drop or two on a piece of sugar, as soon as going on board the vessel, and repeated every two or three hours.

Indigestible food and all irregularities of diet should be avoided for some days before the voyage, and the condition of the bowels looked to, that a costive habit may be prevented or corrected.

Keep the horizontal position as much as possible, and for diet prefer broths and other liquid food, until well established.

Anything that directs the mind or *the brain* from the idea of the waving motion, the changing of centers, is a help.

SHINGLES.

See Calenduline, page 111.

SKIN UNHEALTHY.

See Hepar. sulph., page 95; Sulphur, page 107; Calenduline, page 111.

SLEEPLESSNESS.

If from exhausted condition of the brain, and without congestion or headache, Phosph., 6th, three times a day, is the remedy. Let the brain rest, or aid it by eating oat meal, cracked wheat, fish, raw eggs and other brain food; avoid all excesses; go to bed early; take plenty of out-door exercise; avoid all stimulants; do only what your *natural* strength permits, and when your head begins to tire, stop! You gain nothing but loss by crowding your brain.

For wakefulness without fever or excitement and, without special symptoms of nervous exhaustion, China, 6th, three times a day, is the cure.

For sleeplessness with fever, congestion, restlessness, and other symptoms, see Acon., page 76; Bell., page 81; Gels., page 92; Coffea, page 91; Nux vom., page 100.

For sleeplessness of infants, see Cham., page 88; Coffea, page 91.

Closing the eyes, taking long deep inspirations and inhaling slowly, and trying to keep the count of the number of breathings, will often put one to sleep.

The "Compound Oxygen" treatment suits some cases of sleeplessness wonderfully well. See page 140.

SMALL POX.

This usually comes on with a chill, followed by high fever and severe pain in the head and back. In about three days the eruption appears in small red points, changing to large pustules filled with matter or pus which at length dry up and form scabs.

When the fever is high give Acon., every two hours for several doses, then Bryon., to bring out the eruption. When the pustules begin to fill, give Ant. tart., till they are pretty well dried up. This remedy moderates both the fever and the eruption, and prevents pitting. Fresh air, frequent change of clothing, and sponging well with warm water, are very important.—*Dr. Douglas, in Practical Homœopathy.*

SNAKE BITES.

If Spirits of Ammonia (hartshorn) can be had

quickly, give ten to twenty drops, in a little water, every five minutes at first, and then at longer intervals, until five or six doses have been taken. The strong Ammonia should be applied several times directly to the wound.

For the bite of the rattlesnake, the common treatment is to drink whiskey until intoxication is produced, and it is said to be effective against the snake poison; but, as some whiskey is almost as poisonous as the average rattlesnake, and as it is as easy to have the Ammonia at hand as the whiskey, we prefer the Ammonia treatment.

If no other means of help is at hand, suck the wound several times, being careful to swallow nothing and to cleanse the mouth with water as soon as possible. The poison will not injure unless absorbed by *the blood*.

SORE EYES.

See Eyes, Inflammation of.

SORE NIPPLES.

Apply Calenduline after the child nurses, wiping the surface quite clean with soft linen before the next nursing. If the case is very obstinate send for the Nipple Salve, (see page 117). The use of a soft rubber shield will be a comfort.

SORE THROAT.

If only a raw, rough feeling, Acon., and Bryon., alternately every hour, or a dose of Catarrh Disks

every hour or two. If throat is swollen or ulcerated, see Bellad., page 81; Hepar sulph., page 95; Kali bich., page 97; Merc., page 98. See also Camphor, page 87.

SPASMS.

See Convulsions.

SPLEEN—INFLAMMATION OF.

Take Merc. iod., 2x, three times a day.

SPOTTED FEVER.

(Cerebro-spinal Meningitis).

The remedies and the treatment are much the same as in other fevers, and must be determined according to the symptoms, which vary in the different cases. See the *Materia Medica*, and determine between Acon., Arnica, Bellad., Bryon., Gelsem. (very valuable in this difficulty), Lycopod., and Opium.

SPRAINS.

Arnica Oil Compound well and frequently rubbed into the lame part, and a dose of Rhus tox., 30th, three times a day, will soon cure the severest sprain, especially if the injured muscles have *rest*.

If there is very much swelling when the case is first taken in hand, a bandage, wet with tepid water and well wrapped with woolen cloth, should be applied for a few hours to reduce the inflammation.

STIFF NECK.

There is nothing else that will relieve so quickly

as a good rubbing with the Arnica Oil Compound. See page 110. If you have none of that in the house take Acon., and Bryon., alternately, every hour—and rub the surface well with the hand.

STINGS OF INSECTS.

For bee stings—Spirits of Ammonia promptly applied. For mosquito bites—Tincture of Arnica or Arnica Oil Compound.

STITCH IN THE SIDE.

If rheumatic—rub well with the Arnica Oil Compound. If of the nature of pleurisy—see page 199.

STOMACH-ACHE.

See Colic.

STOPPAGE OF NOSE.

See Arsenic, page 79; Nux, page 100; Pulsatil., page 104.

STRAINS.

See Arnica, page 78; Rhus, page 105; Arnica Oil Comp., page 110.

STYE.

See Apis., page 77; Bryon., page 83; Pulsat., page 104; Silicea, page 106; Sulphur, page 107; Eye Balm, page 115.

“SULKS.”

See “Blues,” page 124.

SUNBURN.

Apply Calenduline freely. The unpleasant feeling

will quickly pass away and the skin be prevented from sealing off.

SUN STROKE.

See *Gelsemium*, page 92.

SUPPRESSION OF MENSES.

See page 190.

SURGICAL CASES.

A great many cases which formerly would have had no chance of help but in the use of the surgeon's knife, are now readily cured by homœopathic treatment. For instance: bad fistulæ, by frequent syringing with *Calendula* Lotion, and occasional doses of *Silicea*, 200th; tumors and excrescences by *Calc. carb.*, *Thuja*, or other well-chosen remedies: some forms of spinal disease, and most varieties of piles are cured without surgical treatment.

Nearly all such cases must, however, go into the hands of well-informed homœopathic physicians, and, by the way, if a surgeon is at any time needed, it will be found that (other things being equal) the one who is most familiar with the use of homœopathic remedies is the best surgeon.

SURGICAL EMERGENCIES.

Sometimes surgical aid can not be had promptly, possibly not at all; therefore we add the following instructions:

DISLOCATIONS.—Getting a limb “out of joint” results in much pain and suffering, and is often a

more tedious case than if the bone were broken, because there is always more or less injury to the tendons and tissues surrounding. The deformity of the joint and the shortening of the limb indicate the character of the trouble. If a surgeon *can not* be had, it is best to try to put the joint in place by steady, careful, firm pulling. Study first the shape of similar joints, so that you will know when you have it right, and not give the patient unnecessary pain, or injure the joint. Then wet a towel in tepid water, colored slightly with Arnica, and wrap around the joint, covering it with woolen cloth. Give a dose of Arnica, 1x, the first thing after the injury, and repeat the dose every two hours for a day. After twenty-four hours the pain and swelling will be much lessened, if the compress has been kept wet. Then the joint can be treated with Arnica Oil Compound, and by taking Rhus tox., 30th, three times a day, a rapid cure may be effected. But the weakened joint must not be used till free from pain.

FRACTURES.—A fractured or broken bone may generally be detected by having felt it snap; there is also some deformity, such as bending or shortening, and if the upper end of the bone is held firmly by the hand, the lower part may be moved independently; also, if the broken ends are rubbed against each other, a grating noise may be heard (or felt). Besides, there will be pain, loss of power of the broken part, and other symptoms.

The patient must be moved *gently*, and care taken to prevent the broken bones being forced through the flesh and skin. Placed in a litter, and carried by two men, he can be moved to his home, or the hospital, without much distress. Make him as comfortable as you can, and do not be in a hurry in handling him. If it is a broken leg, lay the sound one against it, and tie them together with handkerchiefs or strips of cloth. A broken arm can be supported by a sling from the shoulder. Broken ribs require a broad bandage fitting tightly around the chest. The surgeon, who should be promptly sent for, will bring the broken parts together as nearly as possible, and then laying against them stiff pieces of thin material called "splints," will wrap the whole firmly with cotton cloth, but not so tightly as to stop the circulation. If a surgeon can not be found, you must do it yourself as well as you can, remembering there is likely to be some tenderness about the fractured parts, and that in the whole operation gentleness and firmness are required. Nature must do the rest, though a dose or two of Arnica every day will relieve the shock to the nervous system, and aid nature in the healing process.

DANGEROUS BLEEDING.—Profuse bleeding from a cut, or other wound, indicates the injury of some important blood-vessel.

If the blood flows in a *steady stream*, and is *dark-colored*, it is from a vein, and can generally be checked

by applying cold water, and exposing the cut surface to the cold air. But if large veins be wounded, they should be compressed with the fingers, or by a bandage. A few thicknesses of soft cloth with firm bandaging is better than a large compress.

If the blood is *bright red*, and flows *in jets*, it is from an artery. The case may be treated as above, unless the bleeding is excessive. Then a handkerchief should be tied around the limb near the wound and between it and the heart, a stick inserted under the handkerchief, and a roll of cloth, or a stone, or bit of wood covered with cloth, placed over the course of the blood-vessel, under the handkerchief; then, by turning the stick, the handkerchief may be twisted until the flow is stopped. Then, if no surgeon can be found to tie the artery, take a pair of light forceps, or a pin with the point bent into a hook, and, after drawing out the end of the artery, tie it with a piece of stout silk thread, leaving the end of the thread hanging out of the wound.

In case of any severe cut the injured parts should be as soon as possible carefully cleansed and freed from all foreign substances with a soft wet sponge, or a soft cloth; then the cut edges should be brought together and fastened with adhesive plaster, or if it is too long or deep a cut to be held together in this way, stitches must be taken in it with soft sewing silk.

A bandage, kept wet with Calendula Lotion or

well smeared with Calenduline, should then be used. Calendula has the property of causing a wound to heal rapidly and without suppuration.

SWEATING.

A tendency to profuse sweating at night, or to free perspiration at any time after slight exertion of mind or body is evidence of debility and should be at once corrected. See China, page 89; Phosph., page 101; Merc., page 98; Napiform Tonic, page 115.

TAN.

Calenduline freely applied will quickly make the skin fair and white again.

TEETHING TROUBLES.

See Calc. carb., page 84; Chamom., page 88; Podophyllum, page 103; Teething Disks, page 120.

TETTER.

See Calenduline, page 111.

THROAT SORE.

See Sore Throat.

TONSILS, CHRONIC ENLARGEMENT OF.

Baryta carb., 3x, is the remedy for a chronic tendency to enlargement and suppuration of the tonsils, worse after every slight cold, or suppression of foot sweat.

TONSILS, INFLAMMATION OF.

See "Sore Throat."

TOOTHACHE.

Acon., if there is feverish condition of the head and face. Bellad., if there is much congestion and *throbbing* pain. Coffea, if it is nervous toothache with Coffea symptoms, (see page 91). Mercurius, if there is ulceration of the gums, and tendency to "gum boils." Kreosotum, 6th, for pains in decayed teeth.

URINARY DIFFICULTIES.

In most cases of irritation or inflammation of the kidneys or bladder, with retention of urine, or with frequent, or painful, or bloody discharges of urine—Cantharis, 3rd, and Nux vom., 3rd, alternately every hour, will give relief. See also Apis, page 77; Pulsat., page 104. In case of strangury, give Camphor (see page 87). For incontinence of urine in old persons, see Gelsem., page 92. For this trouble in children, see "Wetting the bed."

If the symptoms are obscure or the case is obstinate see Prescription No. 610, page 118.

VACCINATION.

If not convenient to have a physician perform the operation procure a package of *pure* cow pox virus from some homœopathic pharmacy and, with a sharp knife point, scratch a space about half an inch square, just sufficient to remove the outside skin and not cause profuse bleeding, then moisten one of the vaccine points a little and rub the virus into the abrasion. Let it dry five minutes.

A good chapter concerning vaccination will be found in the first part of this book.

If any unhealthy condition of the skin follows the vaccination apply Calenduline freely and give Sulphur, 6th, night and morning.

VOMITING.

Simple nausea and vomiting, from a disordered stomach, is relieved, as soon as it ought to be, by a few doses of Ipecac, 3x. In case of great prostration and long continued vomiting, Arsenicum, 6th or 30th, is the remedy. The medicine should be given in a fresh dose every time it is thrown up. See also Ant. tart., page 77; Verat., page 108; Nausea, page 191. A few spoonfuls of strong black tea, without milk or sugar, will sometimes suffice to rest and quiet the rebellious stomach after it has once emptied itself; and before its effect is entirely gone, a little weak broth free from fat, or some corn meal gruel well salted may be given. Sleep is nature's best restorer.

VARICOSE VEINS.

See Hamamelis, page 94: also a laced bandage or an elastic stocking, properly fitted, should be worn if the patient must move about. Your physician will order it, or you can send to us for instructions for measurement.

WAKEFULNESS.

See Sleeplessness.

WARTS,

Unless they are exceedingly stubborn, will be easily removed by the application of *Rhus tox.* 0 to the surface three or four times a day, occasionally peeling off the dead portion. Care must be had to avoid getting the tincture on the surrounding flesh, as it is poisonous to some persons. What are called "seed-warts" are soon cured by frequent application of Tinct. of Thuja. It is said that warts, and the disposition to them, can be entirely eradicated by taking *Calc. carb.*, 200, one dose daily for a fortnight. When warts occur in connection with a debilitated condition of the system, with pale, bloodless appearance of the face, *Ferrum*, 12th, three times daily, will probably cure both.

WEAK BACK.

See Arnica, page 78; Bryon., page 83; Hamam., page 94; also see "Rheumatism." A good Lumbago Plaster is often the only thing necessary to bring relief. The "weak back" and "lame back" of women usually indicates uterine displacement or uterine congestion. (See page 169.)

WETTING THE BED.

If caused by irritation from "worms," give Cina, 3x, three times a day. If in very delicate and nervous children, without other special cause, give Bell., 6th, half an hour before supper, and again at bedtime; allow no tea or coffee; spices; or sauces, or jellies containing wine, rum, or brandy. If neither of

these is required or gives relief, give Sulphur, 12, a dose daily for a week. (See also Urinary Difficulties.)

WHITES.

See Leucorrhea.

WHITLOW.

Gathered finger, or whitlow, is a swelling, more or less painful, usually at the end of the finger about the root of the nail, and affecting only the skin and the surface of the tissues beneath. In such case it is called a "run-around."

If it affects the tendinous sheath of the finger, it is called "thecal abscess"; and if it occurs between the joints and burrowing down to the membrane covering the bone, the more common name is "felon."

It is sometimes caused by a splinter or thorn concealed in the flesh till inflammation is produced; sometimes by cutting the nail too closely, or tearing it near the root; sometimes by a scratch, or bruise, or other slight injury. There is usually, however, some depraved condition of the system, which has developed a tendency to such abscesses. Hepar sulph., 6th, night and morning for a fortnight, will, in most cases, remove this tendency.

On the first appearance of inflammatory symptoms, take a teacup half full of boiling water, and stir into it half as much wood ashes, or a little "concentrated lye," enough to make weak lye of the water. If neither of these is to be had, put in salt enough to make a strong brine.

As soon as the water has cooled so that the finger can endure the heat, hold it in the solution until it is quite cool. If this does not break up the inflammation, try it once more in two or three hours.

If, too far gone for this treatment, apply a warm bread and milk poultice, and take Hepar Sul., 6th, three or four times a day. Acon., Bella., and Bryon., or Mercury may also be required for fever or excessive pain. The purpose of the Hepar., 6th, is to hasten suppuration. When pus (matter) collects under the skin, open the abscess and let it discharge.

In case of felon or thecal abscess, it may be necessary to use the lancet to permit pus to escape. The cut should be made lengthwise of the finger and exactly in the middle; not to either side or over the finger joints. After it has discharged freely, Cal-duline, or Calendula Tincture and water will quickly heal the sore.

WHOOPING COUGH.

In the early stages, where there is dry, hard cough, with choking and panting for breath, and excessive vomiting of mucus, give Ipecac, 3x, every two hours. In the whooping stage—if the cough is loud and hoarse, with frequent and very violent paroxysms, causing perspiration and vomiting—give Drosera, 3rd, every hour or two. (Those who have our Cough and Croup Syrup in the house may find that they need no other remedy for relieving the cough.) During the general course of the disease

the symptoms will be made lighter and the attack sooner got rid of, by taking Nux vom., and Merc., alternately, twice daily—(a dose of Nux at night and one of Merc. in morning.) The patient should be kept in the open air as much as possible except when it is damp or chilly, and should avoid indigestible food, and over-eating.

To prevent an attack, give Pulsat., 6th, every night and morning during the epidemic.

WORMS.

See Cina, page 90. Keep the general health good, and the worms will soon disappear. For this, Nux vom., and Mercurius, as indicated, and plenty of fresh air, exercise, wholesome food, without crowding of the brain, will be sufficient in most cases. For obstinate cases, Santonine, 1x, three times a day, a small powder, is considered a sure and safe remedy.

Some of our best physicians recommend Santonine Suppositories for thread worms.

For tape worms, the most successful treatment seems to be the combination of Kameela and Fern Oil. It should be freshly prepared. Directions accompany it.

WORM FEVER.

See Cina page 90.

WOUNDS.

For slight cuts apply Calenduline, using a bandage if necessary to keep dust out. Severe cuts and

lacerated wounds should be done up in their own blood, and covered with a bandage wet with one part of tincture of Calendula mixed with ten parts of water. See also Surgical Emergencies.

CARE AND MANAGEMENT OF CHILDREN.

ABOUT THE BABIES.

(This Chapter is a contribution to our pages, by a mother of large experience.)

When the baby has safely arrived in this world, we have first to keep it very warm; for it has been in a warm place, and any sudden change of temperature will be almost certain to give it the snuffles, and, quite likely, the colic, and, if it be at all of a delicate constitution, it may lay the foundation for catarrh or other troubles. Some physicians recommend that the child be not washed for twelve or even twenty-four hours after birth, on this account; but the most common practice is to wash it with warm water, in a very warm room, after first using a little pure oil, or other grease, upon places needing it. Then it should be warmly and comfortably dressed with easy, loose-fitting garments suspended from the shoulders (flannel next the skin), being careful to allow of no constriction of any part of the body. The belly-band should only be put on just snugly enough to keep the navel cord from falling about, but not to impede in the least the free expansion of the bowels; and after the navel is entirely well, the belly-band may be altogether dispensed with.

This loose dressing of babies, which is coming so much into fashion now, is regarded by the most experienced nurses and mothers as a wonderful improvement upon the old style. They think that the colic, want of assimilation of food, and fretfulness of many infants, may be laid entirely to the practice of pinning the clothes tightly enough to hold them on. As one celebrated and humorous physician has remarked, "the baby will not fall in pieces." The underclothing should have the waists, at least, cut sack fashion, and I have seen the whole flannel undergarment cut very much after the style of the old-fashioned sack chemise, only, of course, longer in proportion, and with long sleeves.

As these hints are intended for the benefit of those without experience, it may be well to remark that the inner flannel skirt should be made long enough to pin up over the feet, which are apt to get cold; and one physician recommends that the back breadth be longer by half a yard than the front; but the more common method is to leave the garment open in front to the waist. It is also convenient to have this underskirt or pinning-blanket buttoned to the waist, so it may be easily removed in case of accidents.

After the little stranger is comfortably dressed, it will, probably, if kept warm enough, be sleepy, and the best thing to be done is to put it in some warm corner to sleep. If it be cold weather, and the mother be already made comfortable, as good a place

as any is by her side, that it may feel the warmth of her bed. When it has rested, and begins to seem hungry, it may be put to her breast; there is its natural food and medicine already prepared, and, if the mother is healthy, it will need absolutely nothing else.

If the mother is a sickly woman, sometimes it may be necessary, after twenty-four hours, to feed the child. This should, however, never be done until the nurse has tried every other method of making the child comfortable, remembering especially to toast its feet and to keep its eyes from the light.

If it must be fed, a little fresh cream, diluted according to thickness, with two or three parts of warm water, and very slightly sweetened with pure sugar, may be fed with a spoon. Infants who have delicate digestive organs positively demand human milk for their well-being, and generally for their lives.

When babies cry it is always for some good reason. Endeavor carefully to ascertain the cause. It may be an uncomfortable state of the dress. It may be chafed and the sore parts are made painful by being suffered to remain wet. It may have ear-ache, or more probably colic. In very hot weather it may be thirsty and require a teaspoonful of water, not too cold. If it is chafed, keep the parts dry, give Chamomilla three times a day, and anoint the parts with Calenduline. This preparation is so

very healing to all abrasions of the skin that it is a very important article of a mother's outfit. If the child has earache, it will manifest it by uneasy movements of the head, and often by screams. Suitable remedies for this trouble will be found in another part of this book, but if there are any Catarrh Disks in the house it is sufficient to dissolve one in two teaspoonfuls of water and give half a teaspoonful every half hour. If the crying arises from colic, give Chamomilla or Colocynth, or Belladonna or Nux vomica, (see the *Materia Medica* and compare these.)

Babies, and, in fact, all growing children, should be allowed all the sleep they can get.

Of course, no one but a careless nurse, will leave a baby many hours alone without ascertaining that no harm has befallen it. I have heard of one such case where the baby pulled a pillow over its face and smothered itself, and other accidents might occur: but the feeling that some old ladies have, that too much sleep might hurt the baby, is a very mistaken one, and it never should be disturbed, no matter how many hours it may slumber. In fact, sleeping and eating should be the occupation of every infant till two months old. The less a baby younger than that is talked to or jumped, or played with, and the more it quietly sleeps, the greater chance it has for becoming a strong, healthful, bright youngster afterwards. I always look with apprehension upon

those young babies whose mothers assure me that they are "so bright," they "know so much already," etc. The body should develop first, and then the mind, and I am sure a strong mind in a strong body is what we all desire for our children. My children would have been much stronger had I known all these things to begin with. Anything which excites the brain causes that organ to grow, and may bring on those terrible diseases of the brain and spinal cord which, those who have seen them, dread so much.

Babies habits, of all kinds, can be largely formed by the mother while they are still very small. Of course this requires patience, perseverance and habit in the mother: but she will find herself well repaid by the comfort which a child of regular habits becomes to all the household. I refer especially to times of sleeping, and also of regular evacuation of the bowels. It is full time to begin when a child is a month old, at which time most mothers begin to feel like themselves and to have energy enough to undertake the beginning of the darling's education; for these things are education in the broadest sense of the word—*moral* education. Although this book is written for the physical needs of the babies, I cannot refrain from adding a word about their moral education. Right and good habits strengthen self-control, and indirectly teach obedience to law; and obedience to civil and moral law is the foundation

stone of character, what is termed good moral character: while obedience to the laws of health is the foundation stone of a strong and vigorous constitution, which will enable the possessor to accomplish his work with benefit to the world and enjoyment to himself.

The will of the child needs to be trained from the earliest months to bend to the wiser will of the parent. The will should be *trained*, not "broken," and the earlier this is begun the easier it will be accomplished. Babies are such delightful little pets that mothers are in danger of forgetting that they are also something much brighter and nobler, and many have a mistaken notion that when the child is older reason will make it do right. The habit of obedience to parents is the one thing which will help the child to do right in its relations to others.

I have known several mothers who never rocked their children to sleep, but laid them down awake, and let them drop off to sleep. Of course, the little one must be made comfortable before laying it down, and must be undisturbed by sudden noises, such as are apt to be made in the play of older children. This can not be done with sickly, or very nervous children. (Nervousness is a diseased or unhealthy condition of the nerves.) All these things demand "patient continuance in well-doing" on the part of the mother; but children so trained will need but

little punishment, after they are old enough to remember.

It is a good place right here for us to recommend to young parents—and even to older ones, who have not found their ideas and ways in the matter of training children to work well—*Mr. Abbott's book* on “*Gentle Measures with children.*” If you get this book, and are guided by it in the bringing up of your family, you and yours will always be thankful to the author of the book, and to *The Author* of his being.

Speaking of “gentle measures” reminds us that Dr. Ruddock is very decided in his caution to parents not to allow themselves, in a moment of vexation, or at any other time, to give their children a blow on the ears or side of the head; also that the habit of flogging them on the buttocks is often the cause of serious injury. All this is a physiological consideration entirely aside from the moral effect of rude treatment.

(From Dr. Shipman's *Homœopathic Guide.*)

There is nothing more helpless—one might almost say more hopeless—than a mother with her first child, especially if she has no counselor but the average nurse. The vast majority of mothers know no more of their own necessities and those of their infants at such a time than the babes themselves;

and, unhappily, many of the nurses into whose hands they fall are quite as ignorant. Hence the importance of the mother's knowing what her little one needs, that she may instruct her nurse, or discharge her if she will not learn.

The education of the child should begin as soon as it is dressed, which usually takes place before the first hour is passed. It invariably takes a lesson then, and it is generally a bad one. The most of nurses will tell you that the baby is hungry and must be fed, or needs medicine to move its bowels; and most babies get one or the other or both. Then they cry, of course, sooner or later, for which they must be fed again—for, to nurses' apprehension, babies never cry unless they are hungry; or else they get some soothing syrup or cordial. This, of course constipates them, then they "must have oil or something to move the bowels;" this gripes them and makes them cry; then more soothing syrup, in one unending round, till death carries off those unable to endure such treatment, or the more robust grow out of its reach. But the effect of this first lesson the child never grows out of, supposing that the same course is pursued during the first few months, or even weeks, of its life. The lessons of indulgence are easily learned, and not soon forgotten, while, added to this, we too often have, as their consequence, diseased digestive organs and an enfeebled constitution. * * * Most nurses are very clear

on one point, viz., that the Lord did not understand the wants of babies half so well as they do, or that He did not provide for them half so well as they can. Of course, there are two sides to almost every question; so some may side with the nurses, while others side with Him who made the babies, and planned the first hours of their lives as carefully as any other.

ABOUT SOOTHING SYRUPS.

(By. Dr. R. Ludlam, Chicago, Ill.)

As soon as the little infant has breathed, kicked and screamed at the first air bath, it must be dosed; and from that time forward until "dust to dust" concludes the noblest song of earth, the throat is the avenue of the most various and virulent poisons. Anodynes, teas and soothing syrups are the curse of the nursery. They beget disease. The stomach suffers first. Digestion, the absorption and proper appropriation of food, are disordered. The appetite becomes capricious. Dyspepsia is the first consequence of the abominable propensity to thrust drugs into the tender and delicate stomach of the young child. After this comes a train of consequences, which are, if possible, of a more fearful character. The nervous system is implicated. Give a child Godfrey's Cordial, or one of its more recent counterfeits—a soothing syrup—once or twice, and it will cry for the comforting "drop" to put it to sleep at another time. With each repetition of the

dose the necessity for the artificial stimulus is more and more fastened upon the little one. The nerves demand it, precisely as those of the toper clamor for his accustomed dram.

Perhaps you have never thought of it, but there is not a shadow of doubt that the seeds of drunkenness as well as of disease, are frequently sown in the nursery. Morbid appetites are engendered, and the whole train of consequences which crop out in the after-life of the intemperate, may tell, as plainly as words can express it, the origin of what has grown to be a calamity. The opium in the paregoric, the morphine in the quieting syrup, act upon the brain precisely as alcohol does. The gin in the cordial is closely akin to that which is handed over the "bar" of the dramshop, while its consequences are identical. The infant is real flesh and blood, like the adult. If these stimuli do harm to the parent, and are put under the ban of society in his case, so they may, and certainly will, injure the child, and should be proscribed in case of the young as well as of the old. If it is suicidal, as it certainly is, for a father to drink the abominably "medicated bitters" which have been so popular, so it is a species of murder to give analogous compounds habitually to children, to drug them into incipient stupidity, idiocy, insanity and intemperance. If those who are to come to maturity of body, if not of mind, are disposed to victimize their highest and noblest nature to a debasing appe-

tite, and, consequently, to carry the evidence of their folly in their bloated features, as well as their bad feelings, pray let them not implicate the next generation by sowing the seeds of this abominable vice in the soil of the nursery. If they will persevere to the bitter end, pray let them not perpetuate the curse under the guise and pretense of bestowing a blessing.

TAKE CARE OF YOUR CHILDREN.

(By John Brown, M. D.)

If you do not do all you can to make your children's bodies healthy and happy, their souls will get miserable and cankered and useless, their tempers peevish; and if you don't feed and clothe them rightly, then their poor little souls will leave their ill-used bodies—will be starved out of them; and many a man and woman have had their tempers and their minds and hearts made miseries to themselves and all about them, just from a want of care of their bodies when children. Children should always be laughing and playing or eating and sleeping. Play is their business. You cannot think how much useful knowledge, and how much valuable bodily exercise, a child teaches itself in its play. One thing I like to see is a child *clean in the morning*. But there is another thing I like to see, and that is a child *dirty at night*.

First of all, keep *the head cool*. Nature has given it a night-cap of her own in the hair, and it is the best: and *keep the head clean*.

A child should have a good walk every day in the open air, and should have a well-aired place to sleep in; and children should always be more warmly clad than grown-up people. Cold kills them more easily.

THE MOTHER'S MILK.

(From "The Lady's Manual.")

As a ready method of judging of the quantity and quality of the milk, an inspection of the breasts of the mother or nurse should be made. The breast should be firm and pear-shaped, and covered with blue veins. Pressure on the gland should excite the flow of milk, which should be opaque, of a dull white color, and, under the microscope, present fat globules of a fair size. On a piece of glass a drop of good milk maintains its globular form, and does not readily run off the glass. Obviously, however, the most satisfactory test is furnished by observation of the child. If he sucks vigorously, finishing with milk running over his lips, and requires a meal but three or four times in the day, we may conclude that the milk is sufficient in quantity. But if he frequently desires the breast, sucks with effort, or spasmodically, now and then desisting and crying, the milk may be considered insufficient. As a farther test of the quantity of the milk, the infant may be weighed immediately before and after a meal. The difference in weight should be three or four ounces.

Vomiting after each act of sucking, or refusing to

suck, generally indicates bad milk. When the milk is deprived of its due proportion of solids, and becomes watery, it fails to afford the requisite nourishment; on the other hand, if solids are in excess, it gives rise to indigestion.

Acute and chronic disease, in a nursing mother, tends in various ways, to impair the quality of her milk. Nursing during either of the extremes of age, yields generally only innutritious milk: menstruation and also pregnancy, deteriorate the milk supply; and, although occasionally children nursed under these conditions may not appear to suffer, it is obvious that the active functions of the breasts and of the womb, cannot go on healthily at the same time. Emotional disturbances and violent exercise exert great influences on the milk secretion, and if children are nursed immediately, extreme convulsions and even fatal results may follow.

Experience has also taught mothers that if they eat anything acid, and partake freely of fruits and the coarser vegetables, the milk brings on colic in the infant and causes diarrhea. Nursing mothers must therefore often practice self-denial in eating and drinking.

LACK OF MILK.

If there is an insufficient supply of the mother's milk on account of a somewhat exhausted condition of the system, the use of the Lacteal Syrup, as prepared by the publishers of this volume for many

years, will in almost every instance, so recuperate the system generally and the lacteal glands, and their nerves particularly, that the supply will not only be sufficient but of a more nourishing quality, and both mother and child will be the stronger for its use.

SUBSTITUTES FOR THE MOTHER'S MILK.

“If children are to be brought up by hand, animal milk and especially cow's milk, is the best substitute for human milk.

“A great advantage is gained for children that are to be brought up by hand, if they can have the breast during the first week of their lives, at least part of the time.

“Whether the milk should be from one and the same cow is of much less importance than is generally considered. Indeed the mingling of the milk of several cows may compensate for the defect of the milk from any one cow.

“The morning's milk is better for little children than the night's milk.

“Milk should be scalded unless used immediately after being taken from the cow.

“Human milk is sweeter than cow's milk, hence an addition of sugar is all the more needed the more the milk is diluted. Sugar of Milk is the best for this purpose, though in truth, it does not sweeten much. However, by the addition of the merest trifle of common salt the sweetening power of Sugar of Milk is much increased.

“When a child is brought up on cow’s milk it does not need any other food any more than when nursed. When the child has advanced somewhat and has several teeth, bread in some form may be added to the milk.”

KUETTNER.

NOTE:—Never feed *skimmed milk* to babies. The *upper one-third* of a can of milk which has been standing some hours is the best. Many think that *scalding the milk* makes it more liable to cause constipation.

There is quite a large variety of foods for infants, advertised and in use. Among them we might mention Horlick’s, Ridge’s, Imperial Granum, and perhaps one or two others; each of which stands at the head of the list, if judged only by the success with which it has been used in the different families who recommend it.

The fact is that *any one* of these “best” foods is well suited to a great many children, and *no one* is well suited to all on account of the difference in children’s digestive apparatus. And it is frequently found that though a child may have been thriving on some one kind of diet, it suddenly seems to lose relish for it, and power to digest and assimilate it. This is very apt to occur at the time the teeth begin to disturb the nervous system, which sometimes is as early as the fourth month. To change the food and experiment with other kinds, would be very unwise and hazardous. In such cases, the use of Calc. carb., or Podoph., or Chamom., or the Teething Disks may quickly correct the tone of the digestive organs.

In order to be able confidently to recommend some one variety of "Infant's Food" as preferable in the majority of cases, we decided to visit "The Foundling's Home," of this city, and interview the superintendent, matron, and attending physician of that institution, knowing that their experience must be of great value on this point. Their united statements are, in brief, as follows:—They have used several of the best varieties of the advertised Infant's Foods, and find them all good in some cases. None of them, however, has proved so satisfactory as a preparation of their own, which they have used by the side of other Foods for the past fourteen years, and which they now recommend to every person adopting one of the babies from their institution. Pure milk is, however, the basis of and the bulk of this preparation, as it must be of all *the best* foods for infants. They find that for the first two or three months of the child's life, its best food, if not fed from the breast entirely, is cow's milk, with at first an equal quantity of water added, lessening the proportion of water by degrees until only milk is given. To each half pint of milk, or of milk and water, they add one small teaspoonful of sugar and a very little salt.

When the child is full three months old, "*The Foundlings' Home Infant's Food*" is used.

Sometimes they have a very delicate child to care for, which even this food does not agree with. Then they make use of the following preparation, and,

generally, with success: To one pint of pure milk add one pint of water; bring to scalding heat; have ready two teaspoonfuls of Taylor Bros', or some other pure Arrow Root, dissolved in cold water, which add to the milk and water, and boil a moment, then add a piece of Cooper's Isinglass as large as a quarter dollar, dissolved in hot water, and two teaspoonfuls of pure cream.

("The Foundlings' Home Infant's Food" will, in future, be kept for sale by us, and we shall take pleasure in supplying those needing it with an article proved to be of such value.)

They say also at The Home that it is of exceeding importance to every one bringing up a child by hand to have a nursing bottle which is easily cleansed every time it is used: and, having seen the pattern of bottle which they use, we shall, in future, be prepared to supply our customers with *The "Foundlings' Home" Nursing Bottle*, which, besides its other excellencies, costs but a trifle, and is very durable.

One more item of our interview we have to report, and that is—in case, at any time, pure cow's milk can not be obtained, condensed milk, "Eagle brand," is the next best thing, and is quite satisfactory.

NURSING SORE MOUTH.

This very common affection of infants (called also *thrush* and *aphthæ*) may make its appearance about the second or third week after birth.

A few days preceding the local affection, the child

seems cross, fretful and restless. If the mouth be examined at this time, the inner surface will be found reddened, and small, red elevations grouped in clusters on the lips, cheeks, gums, and other parts of the mouth.

These patches soon become covered with a white, cheesy-like substance, resembling curdled milk. If this coating be removed, it leaves the surface beneath unbroken, smooth and red. Sometimes these patches run together and cover the whole mucous membrane of the mouth, and in severe cases extend to the throat, and even to the intestinal canal. The affection is not dangerous, but is often painful and prevents the child from nursing. It may be communicated to the mother, and cause excoriation and soreness of the nipples.

Most medical writers attribute the disease to some constitutional taint. Many times we find all the children in some families suffer from it, whereas, the children in other families seem to be entirely exempt. The use of improper food is a frequent cause of it; hence children raised by hand are more liable to it than those nourished by the mother's milk. (Johnson's Guide.)

Treatment.—If the disease is limited to the mouth, dissolve a small pinch of powdered Borax in a tablespoonful of warm water and apply it to the inside of the mouth with a soft brush or the end of a small roll of soft linen in the shape of a brush.

It is best first to cleanse the mouth thoroughly and carefully with soft linen dipped in warm water before applying the Borax solution.

If the throat and stomach seem also affected, use Hydrastis tincture, one drop to a tablespoonful of water, applying it in the same way as directed for the Borax solution.

Arsenicum, Mercur., or Sulphur may be required as constitutional remedies in some cases. (See *Materia Medica.*)

TOOTH-RASH.

Tooth-rash, or *red-gum*, as it is often called, is caused by unsuitable diet, want of fresh air, too great heat of the room or of the clothing.

There are two varieties, *the red*; which begins in small blotches with the center slightly raised, the redness soon fading and the central elevation enlarging and forming flattened pimples on the face, neck, arms, and perhaps the whole surface of the body; and *the white* variety consisting of pearly white opaque pimples, about the size of a pin's head, and usually confined to the face and arms.

For a cure, it is necessary that the baby has plenty of pure air to breathe, that the clothing, while sufficiently warm, admits air to the skin, and that it is properly bathed every day: then it will be found that a few doses of Chamom., or Pulsat., or Calc. carb., according to the stomach and bowel symptoms will speedily cure.

SUMMER COMPLAINTS.

There are two distinct diseases that go by this name, viz.: Cholera infantum and diarrhea. The most obvious distinction between them is that the first is attended with vomiting, and the latter is not.

CHOLERA INFANTUM.—This is a very prevalent and very fatal disease in this country, especially in cities. It chiefly affects children between the ages of three months and three years. It sometimes comes on with vomiting and diarrhea at the same time; but quite as often the vomiting does not come on until the diarrhea has continued for a few hours, or a day or two. It is often rapid in its progress, and fatal in two or three days. At other times it is of long continuance, and reduces the little sufferer to a skeleton.

It is attended with considerable fever, coated or red tongue, quick pulse, a good deal of pain and suffering, great restlessness, and rapid failure of strength. The child sleeps with the eyes partly open. The evacuations are frequent, and exceedingly various in appearance, being yellow, brown or green—often grass green, or mixed, and sometimes the color often changing, scarcely any two successive evacuations being alike. In this disease, there is always inflammation of the mucous membrane of the stomach or bowels, or both, and inflammation or congestion of the liver. Vomiting or diarrhea will predominate accordingly, as the stomach or bowels are most

affected. If the disease goes on for some time, the brain is apt to become sympathetically affected, and under the allopathic treatment of opiates, hopelessly diseased.

In the early state of the vomiting and diarrhea, give *Ipecac*, 3d, after every act of vomiting or purging. This alone is often sufficient to arrest the disease. If it fails, and especially if there is thirst, give *Arsen.*, 6th, in the same manner. If there is great restlessness, *Cham.*, 6th, alternated with either of the above remedies.

If the evacuations are yellow, brown or dark, *Podophyllum* is an effectual remedy. When the evacuations are green, give *Cham.*, *Merc. sol.*, or *Podo.*

If the patient is much reduced and the vomiting and diarrhea continues, *Arsen.*, and *Verat.*

In many obstinate and protracted cases, when there is reason to believe that the bowels are ulcerated, *Hydrastis* will save the patient. *Podo.*, in alternation with either of the above two remedies, is also applicable in the same case..

Diarrhea.—Occurring in hot weather, or from indigestion, is usually quickly arrested by *Ipecac* or *Nux*, or both alternated. If the evacuations are thin and watery, *Arsen.*, alone, or with *Verat.*

If they are green, *Cham.*, or *Merc.* If they are yellow, brown or dark, *Podo.*

If the disease has been of long standing, *Podo.*,

and Leptand., or Hydras., will often effect cures in cases that seem discouraging. The remedy should be repeated after each evacuation. There are no diseases which require greater caution in diet than cholera infantum and diarrhea. When cases are almost cured, the least imprudence in diet will cause a relapse which may be fatal. Dulc. is sufficient in a great many cases of diarrhea, especially *in damp weather*.

DR. J. S. DOUGLAS.

FROM CREEPING TO WALKING.

At this period the baby may be a great deal of trouble to the mother, who has many cares, and perhaps no nurse to look after the little one.

It is not well for her or the child that it should be carried all the time; and, if she puts it on the floor, it is soon in mischief, or in danger of tumbling down stairs, or out of the doorway; or sure to take cold because the floor is cold, and there is always a draught across the floor. Any one will notice also that the temperature of the room at the floor level is several degrees cooler than at the height at which the baby is generally carried or held; so that the clothing which is sufficient for it while being "tended" is *not* sufficient if it is placed on the floor in cool weather.

Now, take a common packing-box, about two feet wide, three feet long, and so high that if the baby stands in it, his shoulders will come just to the level of the side of the box. Pad the sides of the box

(but not the bottom) with some soft material that will not readily get musty if it gets wet; and upholster the whole to suit your fancy. The inside upper edge of the box should be rounded and well padded. Put the box on castors or on rounded blocks of wood, partly for convenience in moving it about, and partly to raise it from the floor. The bottom of the box should be fitted with a soft, thin mattress, or a piece of an old "cotton comfortable," so that it can be readily removed and aired, when necessary.

In this "trundle-bed" the child can play with its toys, or its toes; lie on its back; creep a little; learn to climb up and stand against the sides; or go to sleep; and at the same time it is safely kept within limits while the mother has her hands and eyes free for other cares.

CONCERNING THE OLDER CHILDREN.

Young parents should acquire the habit of observing the first symptoms of a cold, or feverishness, or unusual lassitude, or loss of energy, or weak digestion in their children. If, then, they have at hand a case of the common Homœopathic remedies, and a good domestic guide-book, they will usually find it possible to keep even delicate children in a good state of health by considerate and prompt attention. They will also soon become better acquainted with the constitution and peculiarities of each child than any physician could; and this will be a great help

to the physician when he is called on to prescribe, especially in any chronic or constitutional difficulty.

The observant parent ought usually to be better able to determine the probable causes of the symptoms complained of, than the physician who is not acquainted with the idiosyncracies of the different members of the family, and with the circumstances of the case.

HEREDITY.

Habits, peculiarities, excellencies, vices, are inherited; sometimes from the parents, sometimes from more remote ancestors. Study your children as mind and heart develop. Be patient with, and helpful to the child which has to struggle with some inherent peculiarity of manner; some abnormal tendency to passion or appetite; some unusual degree of selfishness or prodigality.

Perhaps, if you study *yourself* carefully, you will find that the child comes honestly by his failing, and is more to be pitied and sympathized with than to be found fault with and discouraged.

If there has been a tendency to *insanity* in the family on either side, you will be especially watchful that the brain of your child is kept as healthy as possible, you will not allow him to be overcrowded at school, and will encourage physical exercise and out-of-door occupations in preference to reading and close mental employment: you will see that he goes to bed as early as he can possibly go

to sleep; and you will not only forbid his drinking *tea* and *coffee*, and using *tobacco* in any form, and any alcoholic liquor or food; but you will see that in all ways there is no excitement or stimulus to the nervous system except that which comes from pure air and exercise, and wholesome food and sleep.

If in father or grandfather there has been a marked fondness for *alcoholic drinks*, *tobacco*, *opium* or other narcotic poison, you can be almost certain that the child will inherit an appetite for something of the same nature. This appetite may slumber for years, but it will require only the kindling which may come from a little cider drinking, the tasting now and then of rum jelly, or of wine sauce with the pudding, to arouse the alcohol demon to terrible activity.

If the boy is not pledged against *tobacco* he may become a slave to its power before you suspect he is old enough to think of smoking, and if the *opium habit* has already had its foundation laid by the free use of "Soothing Syrup," the boy or girl needs only to have Morphine or Laudanum prescribed by a physician a few times for toothache or neuralgia, to be brought within the toils of that fearful appetite.

There is great comfort to a lover of his race, in the confidence that, by the teaching now proposed and even undertaken in many of our public schools concerning *the physiological effects of narcotic stimulants*,

the coming generations will be saved from much sin and suffering.

If there is a tendency to *scrofula* or *consumption* in the family, you will take care that food of the most wholesome kinds are provided and that proper medical treatment is employed while the child is young to eradicate the scrofulous habit. This, of itself, may save from one form of *consumption*. Then, if you are thoughtful to see that there is always fresh, pure air to sleep in, to play in, to study in: and that the position in sleeping, sitting, standing, walking, is such, and the dress, exercise and occupation such, as to give the lungs full play and the blood good circulation, you will have little need to fear *consumption*.

There is one thing more to be said on this subject of heredity, and that is that most people who drink tea and coffee can confidently expect that their children will be *nervous*, *wakeful* and *troublesome*: and that fathers who use much tobacco, especially great smokers, are likely to have children with weak wills, poor judgment, and a tendency to perverted ideas in matters of conscientiousness, and civil, moral and religious responsibility.

PUBERTY.

At about thirteen or fourteen years of age, when the boy begins to become a man, and the girl commences her development into the woman, is a period in which parents need to consider with much

thoughtfulness, the changes that are taking place, and be ready to guard their loved ones from evil. There is always some danger of unhealthy development, of morbid feelings, of the establishment of wrong physiological conditions, mysterious fits of depression, hysterical excitement. Outbursts of passion may also be expected at this time. The well-informed parent, who has also common sense and sound judgment, will know just what items of information a child requires at this time, and when and how to impart them.

At this period too, much care needs to be exercised with some children that they are not pushed forward too rapidly mentally, so that the physical changes taking place are hindered or perverted. A healthful bodily development at this period is of *the utmost importance*.

Don't forget! that there was a time when almost every one of you wished that *your* parents had given *you* information and instruction upon certain subjects in which *every young man* and *young woman* should be properly informed at a suitable time.

Don't forget! that *your* children have a right to look to *you* for everything that will help to make their journey through this world (and into the next world) prosperous and happy.

Nothing but evil is gained by making a mystery or a deceit of facts and truths of vital importance to their well-being—after they are old enough to be

instructed; and, meantime, possibly you yourselves need information which will help you to care for their health and proper development, and to keep them from mischievous and vicious habits, which, in thousands of cases, are formed before the parent suspects anything wrong.

Valuable, reliable, and unexceptionable books on these delicate subjects are now published, and can be easily obtained. Some of these are mentioned on page 59, and we can refer our readers to others, if desired.

Boys should never be encouraged or allowed to carry or lift *all they can*.

Girls should be encouraged to active exercise, as much as possible in the open air; but *not* to heavy lifting, long-continued jumping of the rope, or anything exhausting, or likely to cause a strain of the muscles.

Permitting or requiring young girls to carry their younger brothers or sisters about constantly, is a practice which, in very many instances, lays the foundation for a *life-long* weakness.

Don't be forever dosing your children for *worms*, Correct their general health, and you remove the very conditions of existence in case of the parasite. Worms could no more live upon a healthy mucous

membrane than your pet canary could in an atmosphere of pea soup or of olive oil.

A *hammock* serves nicely for a *baby's cradle*. The motion is gentle and easily kept up, and the hammock can be quickly slung, and as quickly put away. The farther from the floor it is, the purer the air the baby will have to breathe.

ADDENDA.

Persons accustomed to warm sleeping apartments, and having to occupy *cold rooms* when traveling or visiting, will be glad to know that a light towel or common handkerchief thrown over the head as it rests on the pillow, and drawn down a little below the nostrils, will make them as comfortable and as free from taking cold in the head or in the shoulders as if in a warm room. It is far better than drawing up the bed-clothes over the face.

Sulphur, 6th, is often useful to arouse the action of the system when the properly-chosen remedy does not seem to take effect. *Opium, 6th*, has a similar power. Opium seems best in connection with remedies affecting especially the nervous system, such as *Nux vom.*; Sulphur, in connection with remedies affecting the skin and tissues, such as *Calcarea*.

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VETERINARY HOMŒOPATHY,

ACCORDING TO

Moore, Haycock, Schaefer, and Other Reliable
Authorities.

Before an amateur can recognize disease in animals, it is first necessary that he should familiarize himself with the general appearances presented by animals in a state of health—such as the appearance of the eye, the skin, and the hair; the clear, florid color of the membrane lining the nostrils; the soft, regular motion of the ribs during the act of breathing; the clear, moist, healthy appearance of the mouth and tongue; the slow, but regular and full, action of the pulse; the cool state of the feet; the equable temperature of the skin, and the natural ease with which the animal stands when alone.

Having noticed a few of the principal appearances presented by the animal when in health, it follows that any variation therefrom is indicative of a diseased condition. What the peculiar disease may be, and what the best course to pursue to conduct it to a favorable termination, will be treated of in the following pages.

Many diseases will not yield until after the fre-

quent repetition of the remedy chosen. If you are satisfied that you have definitely ascertained the nature of the disease, and selected the appropriate remedy, you should persevere in its administration, and success is certain to reward your efforts, where cure is possible.

THE PULSE.—One of the principal guides indicative of the internal state of the animal is the pulse. It is best felt where the artery passes over the edge of the jaw-bone. Apply the fingers to the angle of the jaw-bone, and slowly pass them down to where a notch in the bone may be felt; the artery passes along this notch. The normal pulse varies from thirty-six to forty-two beats per minute. Any great variation from this is indicative of a diseased condition.

DIET.—It is of the utmost importance in the treatment of sick animals, especially during the period of convalescence or recovery, that they have food of a proper quality, and at proper intervals. During the early stage of the most acute maladies it is seldom the animal will partake of food. As the disease abates the appetite will return. When it does, encourage it by the allowance of small quantities of food at a time. Cooked food is to be preferred, and it should be given at a temperature agreeable to the animal.

The following articles will be found to be often desirable:

WATER.—Cold water will not only prove grateful, but is highly salutary to a sick animal. It should be given in small quantities, say two or three quarts at a time,* repeated three or four times a day.

BARLEY WATER is serviceable in the generality of diseases. It should be made from pearl barley; or, if made from the common article, the grain should first be crushed, and after being boiled, the liquor should be strained through a fine sieve. One pound of pearl barley will require about two gallons of water. It should be boiled until the barley obtains a soft, pulpy condition: when cool it is ready for use. The barley may be allowed as food mixed with a small quantity of bran.

RICE WATER is a pleasant beverage. Prepare in the same manner as the barley water. From one to two quarts may be allowed at a time, repeated two or three times a day. Season with salt or sugar, should the animal prefer. The rice itself may be allowed as food.

OATMEAL AND LINSEED GRUEL.—In the making of gruel, care should be exercised, otherwise it will be burned. It should be given a little under blood-heat, and of the consistency of milk. Gruel is rendered more agreeable by adding a little salt and milk.

MILK. MILK AND WATER.—Milk is a valuable

* In directions as to quantities and doses, the larger animals are intended—dogs, sheep, etc., will require less in proportion.

diluent, and there are but few animals which will not drink it with avidity. It is best after it has been taken from the cow eight or ten hours. The cream should be removed before giving it to the patient. Give it warm, and allow about three quarts at a time. If required as a diluent merely, combine it with an equal quantity of tepid water. It may be repeated three or four times a day.

HAY.—The giving of hay as a part of the diet of a sick animal, will depend upon circumstances. The following symptoms forbid its use:—When the pulse is feeble, quick, and irritable; when the digestive organs are in a foul state (which may be known by a soapy-looking tongue, a bad smell from the mouth, and rapid variation of the temperature of the body), and when the nasal membranes are pallid, or of a dull leaden color; and yet it is not unlikely that a patient so affected will prefer it to any other kind of food. When hay is allowed, it should be selected with care, and sparingly given.

BRAN.—Bran is an indispensable article of diet for sick animals. Its color should be clear and glossy, and it should be perfectly sweet to the smell. Fine bran is unfit for use. It may either be given alone as a mash, or mixed with boiled oats, barley or rice. In preparing a mash, care should be taken that every portion of the surface is thoroughly moistened. Let it stand for half an hour previous to giving it.

RICE is an excellent article of diet. It should be prepared as though intended for the table.

MALT.—In cases accompanied with great debility, malt forms an excellent article of diet. Also in farcy, grease, and mange, when accompanied with emaciation, it may be used with marked effect; but in such cases it should be given in considerable quantities without admixture with other grain. Prepare as directed for bran mash.

BARLEY should be prepared as directed for rice, and may be used instead.

OATS are allowed only when convalescence is well established. They should be boiled.

GREEN FOOD.—Carrots are a very nutritious vegetable, and form an excellent fodder for animals, both in health and sickness. They are to be given when convalescence is established.

Green clover, grass, and food of a similar kind, frequently prove of marked benefit. Care, however, should be exercised in their use, as colic might result. It is better to mix the green fodder with a little hay, and give small portions of this at a time.

MEDICINES.

It is a mistaken idea that the domestic animals require stronger medicines or rougher treatment, in any way, than human beings. On the contrary, their freedom from prejudice and the influence of imagination, together with the fact that they do not use whiskey, beer, tobacco, or other substances which

deaden the sensibility of the nerves and interfere with the action of remedies, render them especially and quickly susceptible to the curative action of homœopathic remedies; so that it is only necessary to give *a larger quantity* in proportion as the animal has a larger surface of nerve and tissue to be affected.

INTERNAL REMEDIES.—The medicines prescribed in the following chapters for domestic animals and poultry are, with two or three exceptions, the same as those used in the family for their own ailments, so that, having a case for veterinary use, you have nearly all that you require in the family also. It is better, however, to have a large case with *all the medicines* prescribed in the entire book, if one is likely to have need of them. Lists for the different cases will be found in the Appendix.

The *Remedies for External Use* are *Lotions* prepared from the mother tinctures of Arnica, Arsenicum, Calendula, Rhus, or Thuja, by mixing two tablespoonfuls of the tincture required with a pint of pure water.

Sulphur Ointment, made by mixing one ounce of Sulphur with two or three ounces of lard.

Plain or Veterinary Calenduline, which is the same as Calenduline, except that it is not perfumed.

Arnica Oil Compound.

Bran Poultice, made by pouring hot water on a sufficient quantity of bran.

Turnip Poultice, made by boiling turnips until quite soft, and then mashing fine.

The lotions and poultices should be applied warm.

Rhus lotion should not be applied by a person easily affected by "poison ivy," as the tincture is prepared from that plant.

DIRECTIONS FOR GIVING THE MEDICINES.—For the larger animals—horses, cows, etc.—the proper dose is ten drops of a liquid, or ten cones, or as much of a powder as will lie on a nickel five-cent piece. Dissolve it in half a gill (four tablespoonfuls) of water. For colts, calves, sheep, pigs, and dogs, from one to four drops or cones, or, of the trituration, a powder in proportion—all depending upon the size and age of the animal.

The triturations (powders) may be mixed with a little bran or meal, or dissolved in a little milk or water.

The most convenient instrument for administering the medicines, when in solution, is a small horn capable of holding a half gill. It should be thoroughly cleansed each time before using it. A good, hard-rubber syringe, holding two ounces, is very nice for the purpose, when it can be had. Should the patient violently resist the introduction into the mouth, of the horn or the syringe, the medicine may be dropped upon bran, or otherwise mixed with it without dissolving in water.

CLASSIFICATION OF DISEASES.

In classifying the diseases hereinafter mentioned we have thought it unnecessary to distinguish between those of the different animals, as in all essential particulars—names, symptoms, etc.—they are the same (with the exceptions, which will be mentioned), and require the same treatment.

DISEASES OF THE SKIN.

THE skin is subject to a number of diseases, which, however, are seldom destructive to the life of the animal.

The term *surfeit* is usually applied to designate nearly every affection of the skin to which animals are liable.

MANGE.

MANGE is very similar in its general character to itch in the human being. The general health of the patient may suffer when it is severe; but in the milder forms, not noticeably.

SYMPTOMS.—Great itching, which causes the animal to be always rubbing himself. The skin is covered with little pimples, which inflame and form small blister-like risings. These blisters may be distinct from each other, or several of them join together. They at last burst, and the fluid flows out. The hair then falls off, and patches of skin are left quite bare. In old cases the skin becomes thickened, hard, and wrinkled.

TREATMENT.—Give in alternation a dose of *Sulph.*, at night and *Arsen.*, in the morning.

Sulphur Ointment.—The cure will be more speedily accomplished by applying the *Sulphur Ointment* to the mangy places night and morning.

Arsenicum Lotion.—Should the Sulphur dressing fail, *Arsenicum Lotion* may be substituted. Apply night and morning.

GREASE—CRACKED HEELS.

GREASE is a very common malady, and one with which all observers are familiar. It prevails most during the fall and winter.

SYMPTOMS.—The animal appears unwell and refuses his food. The hair looks dry, and is harsh to the touch. The skin of the heels cracks, and from these cracks exudes an offensive, greasy discharge. There is more or less lameness.

TREATMENT.—*Arsenicum* is a remedy applicable in the treatment of all skin diseases, and in *Grease* may be considered a specific. Administer night and morning.

It will be necessary, on commencing treatment, to clip away the hair from around the edges of the cracks, and to wash the parts with warm water and soap, and dry well with a soft cloth; repeat the washing every day, and apply bran or carrot poultice night and morning until the soreness is relieved, then use the *Arsenicum Lotion* night and morning. Apply with a soft clean sponge.

MALLENDERS AND SALLENDERS.

These are the names given to a scurfy eruption, located at the fore part of the hock or back of the knee. It seldom causes lameness, but looks unsightly.

TREATMENT.—*Thuja occidentalis* is a specific in this disease. Give a drop mixed with thirty of water night and morning, and apply *Thuja Lotion* to the parts, night and morning.

WARTS OR ANGLEBERRIES.

Some animals are covered nearly all over with these growths. When large, they require removal by an operation; when small, they may be cut off with scissors, or a piece of strong silk thread may be passed around the root close to the skin, and kept firmly tied until the warts fall away.

TREATMENT.—*Calcareo carbonica*.—This remedy will, in a majority of cases, prevent their growing again. Give a dose, night and morning, for a few weeks.

There are other diseases of the skin occasionally to be met with, such as *Ringworm*, *Irritation of the Skin*, *Prurigo*, or a state of general itching, which can be readily cured by the administration of *Sulphur* and *Arsenicum* in alternation, a dose night and morning; and the application, if necessary, of the *Sulphur ointment*, or the *Arsenicum Lotion*.

DISEASES OF THE ORGANS OF BREATHING.

OZŒNA—NASAL GLEET.

NASAL GLEET arises from a diseased state of the membrane which lines the inside of the nostrils. It is generally the sequel of a common cold which has been neglected. It should not be confounded with *Glanders* (which see).

SYMPTOMS.—A white, yellow, or green discharge from one or both nostrils, with swelling of the neck.

TREATMENT.—When the discharge is thick, yellow, or green, and offensive, give *Mercurius iod.*, a dose every three hours.

Should the discharge continue for a considerable period, notwithstanding the above treatment, and when the animal loses flesh and strength, give *Arsen.*, a dose every three hours.

Should the gland under the neck continue hard, after a subsidence of the other symptoms, give *Calc. carb.*, a dose three times a day.

CATARRH.

CATARRH, or common cold, is an affection to which animals are quite subject. Sometimes it prevails as an epidemic, when it is denominated *Influenza*.

SYMPTOMS.—The animal is not so lively as usual; there is want of appetite; he coughs and sneezes; a watery discharge flows from one or both nostrils, and also from the eyes, which are red and swollen. In the more severe forms of the disease, the symp-

toms are—fever, difficult breathing, sore throat and eyes, and red and dry nose. If not speedily arrested, bronchitis results as a complication.

TREATMENT.—At the onset give *Acon.*, and *Bellad.*, in alternation, a dose every hour, until the fever subsides. If great weakness should supervene, the legs swell, and difficult breathing continue, give *Arsenicum*, a dose every two hours. Should the glands under the jaw swell; dry and frequent cough, and great flow of tears set in, give *Merc. iod.*, in alternation with *Bellad.*, a dose every two hours.

Epizootic is *epidemic* influenza and may be treated as above. The animal should be kept thoroughly warm and dieted as for fever until the feeling of prostration is gone.

LARYNGITIS—INFLAMMATION OF THE LARYNX.

The larynx is the upper portion of the windpipe, and inflammation of it is a very dangerous disease. It seldom exists unconnected with Catarrh or Bronchitis; but occasionally constitutes the principal feature in those diseases.

SYMPTOMS.—The outside of the throat is hot, painful and swollen; swallowing is difficult, the fluid portion of the food is returned by the nose; the breathing is difficult, and accompanied by a rough, snoring kind of a noise, which afterwards becomes of a rasping or crowing character; the neck is straightened and held stiffly; the head is raised; the nostrils are widened; the skin is damp with

sweat; the pulse is weak and irregular, and if not relieved, the animal dies; really choked to death.

TREATMENT.—Commence treatment with *Acon.*, and *Antim tart.*, give them in alternation, a dose every fifteen minutes, until the violent symptoms are subdued, then every hour or two until all danger is past. Complete the cure with *Bellad.*, and *Hepar*. Give them in alternation, a dose every two hours.

BRONCHITIS.

BRONCHITIS is an inflammation of the bronchial tubes. It is often complicated with Pneumonia (which see).

SYMPTOMS.—The disease begins generally with short, frequent, tickling cough; quick breathing; rattling in the windpipe at the breast; the head hangs down; the skin is hot; there is great thirst, and dislike of food; the pulse is full and quick; the legs, ears, and mouth are hot at one time and cold at another.

TREATMENT.—As soon as the disease is detected, give *Acon.*, and *Bry.*, in alternation, a dose every hour, until the violent symptoms abate, then every two or three hours until the animal is cured. If sore throat should set in, give *Bellad.*, and *Merc. iod.*, in alternation, a dose every two hours until relieved. If the disease should become complicated with Pneumonia, treat for that.

PLEURISY.

The pleura is the membrane which lines the inside of the chest, and covers the lungs. It is very liable to attacks of inflammation—frequently in a simple form. It is also often complicated with inflammation of the lungs, when it constitutes the so-called pleuro-pneumonia.

SYMPTOMS.—Chills, followed by hot skin, dry mouth, white-coated tongue, red nose and eyes, low spirits, want of appetite, anxious look in the face, and hard, quick, and wiry pulse. The act of drawing air *into* the lungs, is short; the act of forcing air *out* from the lungs, is slow and full. If the inflamed side be pressed against, the animal gives forth a sound like a grunt; the cough is short; the skin over the inflamed side is thrown into folds, and twitchings are occasionally seen at the same place. The skin about the sides of the nostrils and at the ends of the mouth is wrinkled; the neck is lengthened; the nose thrust forward, and the animal stands in a crouching manner, and seems uneasy, but does not move.

TREATMENT.—Commence treatment with *Acon.* Give a dose every half hour or every hour, according to the urgency of the case, for three or four hours, then alternate with *Bry.*, a dose every one or two hours. The remedies are almost certain to affect a cure. Should the case be very violent, a mustard

blister applied to the side affected, will prove of great service.

PNEUMONIA.

Pneumonia is but rarely met with in its simple form, being generally associated with bronchitis or pleurisy; or, what is of common occurrence, the three are present in the patient at the same time.

SYMPTOMS.—This disease begins, in some cases, with a slight cold; in others, with shivering; the legs, ears, and skin are cold; the hair is rough; the nose pale and dry; full and quick pulse, beating at first quick, then panting and heaving; the skin is now hot, except at the legs, which remain very cold; the mouth is hot and dry; the eyes have a yellowish color, and the animal looks uneasy and restless. As the disease advances, the breathing becomes more difficult, and is attended with heaving of the flanks; the nostrils are much widened; the nose and head are held out; the neck lengthened, the fore legs are fixed in one place, and separated from each other; the nose and eyes have a dark-bluish color; the face looks anxious and distressed; the legs are fine and the hair upon them glossy; the cough is frequent, hard and painful; the animal seems drowsy; there is no appetite; the dung is hard and covered with slime; the urine high-colored and scanty. In the last stage, the pulse is small, weak, and can scarcely be felt; the breathing very difficult; the air coming from the lungs is hot; the eyes and nose are like

lead in color; the skin is cold, and clammy sweats break out on it here and there. The mouth is cold; the tongue coated; the teeth are ground every now and then; the eyes begin to look heavy, glassy, and dim; diarrhea sets in; the strength fails; the animal leans against the manger, or he wanders around the box; he then staggers and falls; tries to get up again, but can not; he groans, struggles, and dies.

Such is the termination, in fatal cases, of this truly frightful disease. But, under the treatment recommended below, such terminations are seldom met with, as a cure is effected in nearly every instance.

TREATMENT.—At the commencement, when the fever runs high, with quick, hard pulse; great thirst; the mouth burning hot; short, dry cough; and when the animal trembles and shakes, give *Acon.*, and *Ant. tart.*, in alternation, a dose every half hour, until the fever is lessened. Should there be short breathing, attended with a catch or grunt, when the air is drawn into the lungs, and pain in the side when pressed, then alternate *Acon.*, with *Bry.*, a dose every half or whole hour, until the animal is relieved.

When the disease makes progress, in spite of above treatment, administer *Phosph.*, a dose every hour.

Should the animal become worse, and especially if there exists great weakness; cold skin; cold mouth; bad smell from the mouth and nose; quick, small pulse, which can scarcely be felt, and purging, give

Arsen., and *Ammon. caust.*, in alternation, a dose every half or whole hour, as circumstances may require, until relief is afforded.

Complete the cure with *Phosph.*, a dose every three hours.

THICK WIND—BROKEN WIND.

Thick wind and broken wind, in many respects, closely resemble each other. They are not strictly to be regarded as *diseases*, but as *effects*, dependent upon causes of a mechanical nature.

Thick wind arises from a portion of one, or both, of the lungs being in a state of permanent solidification. It is the result of previous inflammation. When fully confirmed there is no remedy; but, if early detected, its complete development may be prevented.

TREATMENT.—Give *Arsen.*, and *Digit.*, in alternation, a dose night and morning.

Broken wind arises from the presence of air between the substance of the lungs and the outer membrane which invests them.

TREATMENT.—*Arsenicum*, a dose night and morning.

COUGH.

A cough accompanies many affections, such as pleurisy, pneumonia, bronchitis, catarrh, etc., and is then *symptomatic*. There are cases, however, in which the only apparent affection is the cough. It

is then known as *idiopathic*. In such cases the general health of the animal remains good.

TREATMENT.—Give *Bellad.*, and *Bryon.*, in alternation, a dose night and morning.

DISEASES OF THE ORGANS OF DIGESTION.

DENTITION—DIFFICULT TEETHING.

The cutting or shedding of the teeth, and especially of the tushes, is sometimes attended with considerable disease of the body. The animal will either not eat his food, or he has pain and difficulty in chewing it. The body is thin; the bowels are out of order, he may cough, and slight fever is present. The gums are hot, painful and swollen.

TREATMENT.—When the teeth are tardy in appearing, give *Calc. carb.*, a dose night and morning.

When the gums are tender and swollen, and the animal is prevented from chewing, give *Bellad.*, a dose morning, noon and night.

DISEASES OF THE TEETH.

Some of the teeth, and especially the grinders, grow longer than the others; or one part of the same tooth may be longer than another. The consequence is, that the tongue, cheek, and roof of the mouth are injured, and ulcers form; the animal cannot chew his food, owing to the pain which is caused; often he will refuse it altogether.

TREATMENT.—Draw out the long teeth, and rough down long-edged ones with a tooth rasp as often as may be necessary.

Rotten teeth may produce the same conditions as are given above; in addition, an offensive smell comes from the mouth. If allowed to remain, the fangs become diseased, the socket and gum inflame, an abscess forms, and a portion of the jaw-bone may decay. When this occurs in the upper jaw-bone, the matter may burst into the nose, and be discharged, of a bad smell and color, from the nostrils—a state that may be mistaken for ‘Nasal Gleet or Glanders.

TREATMENT.—Draw out all the diseased teeth, and give *Silic.*, a dose night and morning.

LAMPAS.

LAMPAS is the name given to a swelling of the bars behind the front teeth of the upper jaw.

TREATMENT.—If the teeth are coming through, treat as directed in the article on Difficult Teething. If the stomach be out of order, follow the treatment laid down for Indigestion.

INDIGESTION.

INDIGESTION is a common affection. It is usually owing to a diseased condition of the stomach, liver, or bowels.

SYMPTOMS.—Unthrifty state of the skin. The hair, in spite of all grooming, is dry and harsh.

The abdomen presents a pinched up appearance. The appetite is sometimes ravenous, and at other times fastidious. The urine is scanty, and the bowels bound. After a time the animal loses flesh, becomes weak, and is readily fatigued. Occasionally there is cough.

TREATMENT.—The treatment of the more simple forms of indigestion may be readily corrected by attention to the diet of the animal. In severe cases, however, it will be necessary to resort to remedial agents. Administer *Arsen.*, and *Nux vom.*, in alternation, a dose night and morning.

STOMACH STAGGERS.

The symptoms of Stomach Staggers, are like those of the first stage of Mad Staggers, and the two diseases are known from each other chiefly by pointing out how the animal was before the attack came on. (See Mad Staggers.)

COLIC.

COLIC is a common malady, and familiar to most people. It is a very painful disease, and if neglected or improperly treated, it is prone to terminate in inflammation of one or more of the digestive organs.

Colic presents itself in a variety of forms, all of which agree, however, in certain essentials, and are amenable to the same treatment.

SYMPTOMS.—The attack begins suddenly. The

animal is uneasy; he shifts his position; paws or stamps the ground; kicks his belly with his hind feet; looks frequently at his flanks; groans, falls upon the ground, and rolls about violently, or lies on his back, in which posture he remains quiet for a short time, and free from pain. Soon, however, another attack of cramp comes on, and the old symptoms of violence are repeated with even greater intensity than before. He grinds his teeth, bites his manger, and looks toward his flanks with a wild and anxious expression. If about to recover, the pain lessens, and he is quieter for a long time; or, if he is to die, every attack of cramp is more severe, and death results from inflammation.

TREATMENT.—Commence with *Acon.* Give a dose every fifteen minutes, until relief is afforded. This remedy will be found sufficient in at least four-fifths of the cases of genuine colic.

When the attack can be traced to the eating of green food, and when it is characterized by distension of the belly, with violent pain, and purging of a greenish fluid, without affording relief, give *Coloc.*, as recommended for *Acon.*

When the attack is caused by constipated bowels, resort to *Nux vom.*; give a dose every fifteen minutes, until the animal is relieved; then every half hour, until a cure is effected.

When excessive purging, attended with loss of strength, profuse sweating, and general sinking, takes

place, give *Arsen.*, and *Verat.*, in alternation, a dose every fifteen minutes.

For windy colic, which presents much the same symptoms as enumerated above, except that the pain is sharper, and the animal is more furious and violent; the belly on one or both sides is more or less swollen with wind; rumbling noises are heard, and wind is freely discharged, *Ammon. caust.* may be considered a specific. Give a dose every fifteen minutes.

This form of colic generally manifests itself after eating green food.

DIARRHEA.

Diarrhea is a disease which generally prevails during the spring and summer months; it is, however, occasionally observed at other times. Its tendency is to a speedy and fatal termination if improperly treated; but, if taken in time, it will generally be found a very manageable disease.

SYMPTOMS.—Violent and continued purging of slime, or of water and slime mixed. There is usually great pain, though at times it may be entirely wanting. As the disease progresses, the animal is covered with a profuse, cold sweat. At this time there is excessive debility, and the countenance expresses great anxiety. The body wastes rapidly, and to an alarming extent.

TREATMENT.—Give *Arsen.*, and *Verat.*, in alternation, a dose every half hour, until the animal is

relieved; then every one or two hours, as circumstances may require.

For "scouring" in calves—a few doses of Sulphur.

The Cholera preventive, mentioned under "hog cholera," is also excellent as a preventive of "scouring," and if one has many calves to care for, it is worth while to dose them all as a preventive measure.

DYSENTERY—FLUX.

Dysentery occurs most frequently in animals in good condition.

SYMPTOMS.—Frequent passing of slimy matter, sometimes mixed with blood. There is much straining, and frequent attempts to force a passage, without succeeding. There is great thirst, the mouth is hot and dry, the legs are cold, the breathing is quick, no food is taken, and the animal speedily becomes very thin and weak. In some cases the lower part of the gut protrudes from the fundament.

TREATMENT.—At the commencement of the disease, administer *Acon.*, a dose every half or whole hour, until the inflammatory symptoms subside.

Should frequent passages and violent straining continue, after a subsidence of the inflammatory symptoms, accompanied with protrusion of the gut, administer *Merc. cor.*, and *Coloc.*, in alternation, a dose every one or two hours, according to severity of symptoms, until the cure is completed.

ENTERITIS—INFLAMMATION OF THE BOWELS.

Enteritis is one of the most dangerous forms of

disease to which animals are subject. Its treatment requires great judgment, energy, decision, and unwearied patience. When once established, it can not be conquered, as it were, at a stroke.

SYMPTOMS.—Enteritis begins in most cases with dullness, heavy eyes, staring coat, and restlessness. The pulse and breathing are both quickened. No appetite. Some cases are preceded by colic, others begin with shivering. The animal kicks, paws, and rolls about in the most violent manner. He tries often, and strains hard, to pass water; but either none, or only a few drops come away. The pain is most intense, and does not cease for a moment; it is increased by pressure and moving about. The belly is hot, tucked up, and hard, unless there be wind in the bowels, when it will be more or less swollen. The bowels are very much bound. The legs and ears are intensely cold. The pulse is small and hard, and sweat breaks out all over. If the disease remains unchecked, the pulse becomes smaller and weaker, until it can scarcely be felt. The breathing is quick, irregular, and attended with sighs. The skin is covered with a cold, clammy sweat. The eyes seem to have lost the power of seeing. The animal is very weak, and trembles all over. Convulsions come on, and then death follows.

DISTINCTIONS BETWEEN COLIC AND ENTERITIS.—In colic, the attack begins suddenly; in enteritis, it comes on generally by degrees. In colic, the pain

is not constant, and there are times during which it is not felt; in enteritis, the pain never ceases for a moment, but becomes gradually more severe as the disease progresses. In colic, the pain is relieved by rubbing the belly and moving about; in enteritis, it is greatly increased by these means. In colic, the strength is not much weakened, unless the disease is near its end; in enteritis, the weakness is very great from the first.

TREATMENT.—As soon as possible after the attack begins, give *Acon.*, a dose every fifteen minutes, until the more violent symptoms are subdued, then every one or two hours.

If improvement does not take place in the course of six or eight hours, alternate *Bellad.* with *Acon.*, giving a dose every half hour, until the patient is relieved, then every one or two hours.

If the disease continues to advance, and there are cold, clammy sweats; the belly exquisitely tender, and tucked up; the suffering constant and excruciating, and the failure of strength great, give *Arsen.*, and *Verat.*, in alternation, a dose every fifteen minutes, until relief is afforded, then every hour until the patient is out of danger.

HEPATITIS—INFLAMMATION OF THE LIVER.

SYMPTOMS.—This disease may be known by the yellow color of the nose, tongue, eyes, and mouth. The dung is mixed with bile, and covered with slime. The urine is thick, dark-colored, and deposits a sedi-

ment. The right side is painful when pressed against. There is quick breathing, dry cough, quick, full pulse, which afterwards becomes slow, and the legs are very cold.

TREATMENT.—Commence with *Acon.*, and *Bry.*, in alternation; give a dose every one or two hours.

After the fever subsides, and the mouth, nose, and eyes become yellow, together with slimy discharges from the bowels, and dark-colored urine, give *Merc. viv.*, and *Nux vom.*, in alternation, a dose every two or three hours.

COSTIVENESS.

When costiveness is a symptom of some disease, it will yield when that disease is cured. Sometimes, however, the bowels are bound without any other disorder existing. Under such circumstances, pursue the following

TREATMENT.—Give a dose of *Nux vom.*, at night, and of *Opium* in the morning. This treatment will speedily effect a cure.

WORMS AND BOTS.

All horses are more or less troubled with worms and bots. Their existence can be easily detected by observing the discharges from the bowels. Should they cause the animal much annoyance, resort to the following

TREATMENT.—Give a dose of *Arsenicum* night and morning. The use of this remedy for two or three weeks, will eradicate them.

Santonine Suppositories prepared expressly for veterinary use will be found very successful. Introduced into the rectum they dissolve in an hour or two, the Santonine is absorbed, and the whole surface of the bowel is medicated by them.

DISEASES OF THE URINARY ORGANS.

THE urinary organs are not numerous, and, with the exception of the kidneys, not complex in their structure, nor difficult to understand.

As the diseases to which these organs are subject—namely: Nephritis, or inflammation of the kidneys; Cystitis, or inflammation of the bladder; Hæmaturia, or bloody urine; Dysuria, or retention of the urine—present during their progress, very nearly similar symptoms, and are amenable to the same treatment, they will all be considered under the head of

NEPHRITIS.

SYMPTOMS.—The pulse is full, hard, and quick; the skin hot and dry; the mouth hot; there is great thirst; the urine is either suppressed, or made often, in small quantities, and with great straining; the urine that is passed may be red and bloody, or it may contain mucus or matter; the hind legs are stiff, and placed widely apart; the animal is not willing to move, and when he does so, it is in a straddling manner; he turns with difficulty; the spine is somewhat arched and stiffened; the loins are hot,

and when pressed upon over the region of the kidneys, the animal feels pain.

TREATMENT.—As soon as the disease is detected, give *Acon.*, and *Canth.*, in alternation, a dose every hour, until the animal is relieved, after which, give *Nux vom.*, and *Canth.*, in alternation, a dose every two hours, until complete recovery.

GENERALITIES.

RHEUMATISM.

RHEUMATISM is a very common malady. Its duration is from one to four weeks.

SYMPTOMS.—It begins with shivering all over. The skin and mouth are hot. Then the animal becomes lame in one leg, or several joints are affected so that he cannot move, but stands in one place. The joint or joints are very hot, exceedingly painful, and swollen. The pulse is quicker at one time than another, and stops now and then for a moment or two. The breathing is quick, and sweats break out. When the disease attacks the forelegs, it is called "chest founder," and when it is in the loins, with the back raised, and the belly tucked up, it is known as "loin bound." Sometimes the pain and inflammation removes from one leg to another, or from one joint to another, in a remarkable manner.

TREATMENT.—Begin treatment with *Acon.*, give a dose every hour until the fever is allayed; after

which, give *Bryon.*, and *Rhus tox.*, in alternation, a dose every two or three hours, until recovery takes place.

Should the disease shift about from one part to another, give *Pulsat.*, a dose every two hours. Externally—rub in very thoroughly and as often as may be required, the Arnica Oil Compound.

STRANGLES.

STRANGLES is a disease which may be said to be peculiar to young horses, and analogous to measles in children. It occurs most commonly between the first and fifth year.

SYMPTOMS.—The disease begins as if the animal were about to have common cold. He is dull and depressed, eats little or no food, coughs now and then; the coat stares; the pulse is slightly quickened; the mouth hot and dry, and afterwards frothy fluid comes from it; the throat is sore, the nose red, and matter blows from the nostrils. The glands under the jaw become swollen, hot and painful; there is great difficulty in breathing, and the animal seems almost suffocated. The swelling continues to grow larger and softer until it breaks, when matter is discharged; and from this time the animal begins to recover. In some cases, however, other abscesses form upon the back, shoulders, legs, breast, or other parts of the body.

TREATMENT.—Give *Bellad.*, and *Merc. iod.*, in alternation, a dose every two hours. After the

fever subsides, and should the glands under the neck remain hard and painful, apply bran poultice night and morning, and give *Hepar s.*, a dose every three hours.

WEED—INFLAMMATION OF THE LYMPHATICS.

SYMPTOMS.—This disease comes on very suddenly, and begins, in general, with shivering, which is soon followed by full, strong, quick pulse; accelerated breathing; hot, dry mouth, and general feverishness. It attacks, in most cases, the left hind leg, although, in some instances, the other hind leg, or a fore one, may be affected. The leg is lifted from the ground; it is hot, painful, and swells from above to below. The swelling increases very rapidly, and the pain prevents the animal from moving. When the leg is pressed upon, it is snatched away. Several hard, round, and very painful, cord-like swellings may be felt on the inside of the leg; these end in small lumps, which are hard, and more painful than the cords. A watery fluid exudes from the skin, and may be seen in drops upon the hair.

TREATMENT.—Commence with *Acon.*; give a dose every two hours. Foment the leg with hot water for an hour, night and morning. After the fever has somewhat subsided, give *Bellad.*, and *Bryon.*, in alternation, a dose every three hours, until the patient recovers.

ABSCESS.

An abscess is a gathering of matter.

They are divided into two kinds: *Circumscribed*, in which the inflammation is of a healthy character, and its tendency toward recovery; and *Diffused*, in which the inflammation is of an unhealthy character, and prone to extend.

SYMPTOMS.—A hot, painful swelling, at first hard in the middle, softer around, and attended with fever, which is of a mild or severe kind, according to the nature and situation of the abscess.

TREATMENT.—Externally, the treatment to be employed is—remove all foreign bodies, if the abscess depends on their presence; if it arises from a blow, the bruised part must be kept wet with *Arnica Lotion*, until the heat, pain, and swelling disappear. But if the latter symptoms increase, foment with hot water three times a day, and after each fomentation, apply a large bran poultice. After the abscess breaks, and the matter is discharged, a piece of soft linen may be well moistened with *Calendula Lotion*, and applied several times a day to the sore. As soon as the abscess is detected, and while the fever continues, give *Acon.*, a dose every two hours. Should the abscess, under the use of this remedy, and the external treatment recommended, not disappear, but give every evidence of running on to supuration, give *Bellad.*, and *Merc. iod.*, in alternation, a dose every two hours. Should there be delay in

the softening of the swelling, give *Hepar s.*, a dose every three hours.

ANASARCA—GENERAL DROPSY.

This is the name given to a watery swelling over the whole body, between the skin and flesh; the swelling depending on a collection of serum.

SYMPTOMS.—The belly, sheath, breast, lips, and eyelids, are more or less swollen. The swelling has little or no pain, is soft, and an indentation is left when the finger is pressed upon it. The legs and thighs become very much enlarged; there are, besides, poor appetite, low spirits, quick breathing, small and weak pulse, and purging.

TREATMENT.—Give *Arsen.*, and *Digit.*, in alternation, a dose every three hours.

PURPURA HÆMORRHAGICA.

Purpura Hæmorrhagica is a disease of a severe character, and is at all times to be considered highly dangerous.

SYMPTOMS.—The symptoms of this affection are usually well defined. The attack is generally sudden. Its first appearance is marked by swelling of the hind legs, which is speedily succeeded by an extension of the swelling to other parts of the body, such as the head, the fore legs, and under the abdomen. The inside of the nose is covered with large purple-colored, or blood patches. As the disease proceeds, other symptoms of a peculiar character

are presented. The head, if not affected at the commencement, will swell, and in the course of a few hours reach such a size as to present a truly hideous appearance. Sometimes the swelling of the head will, for a time, be limited to the eyelids of one eye; or the tongue may swell and ultimately attain such a size as to gag the mouth open. When the nostrils are covered with blood patches, the breathing becomes snuffling and harsh in sound; and when the eyelids are rapidly distended, bloody serum is exuded, which runs down the cheeks, and the animal appears as though weeping blood. Not unfrequently the dung is coated with blood, and the urine may also contain it.

TREATMENT.—Commence treatment with *Bellad.*, and *Bryon.*, in alternation: give a dose every two hours; if the animal improves, continue them until he is well; if no improvement takes place, substitute *Rhus. tox.*, and *Arsen.*; give them in alternation, a dose every two hours.

GLANDERS AND FARCY.

GLANDERS and Farcy are different forms of the same disease. Glanders may appear first, and Farcy supervene; or Farcy may first appear, and Glanders follow.

Glanders is sometimes developed with extraordinary rapidity. In other cases again, the disease may be slow and insidious.

The disease is highly contagious, not only to other animals, but to human beings also.

SYMPTOMS.—*Glanders.*—A constant discharge from one or both nostrils, generally from the left only; at first thin, then thick like the white of an egg. It may continue in this way for some time, or it becomes very soon more like matter, of a greenish or yellowish color, sometimes streaked with blood, and having a bad smell. Soon after, the glands under the jaw become painful and swollen, and one of them appears to be *fixed to the inner side of the jaw-bone* (a characteristic symptom). Then the membrane lining the inside of the nose, has a yellowish or leaden color; small elevations are noticed upon it, which afterward become ulcers; these have sharp borders, and spread, until the gristle and bones beneath become ulcerated. The disease now spreads to the lungs, which become filled with small abscesses. There is cough, wasting, want of appetite, and weakness. The hair is dry and loose; the lips and eyelids become swollen, and in a short time the animal dies.

Farcy.—Upon the face, lips, or other portions of the body, and especially upon the legs, hard, painful, hot lumps are felt, which are called *farcy buds*. They increase in size, pain, and heat, until the skin ulcerates through, and a thin discharge flows out. Between these lumps, hardened cords are felt. The groin, and space between the chest and fore

legs, become swollen and very painful, and soon Glanders ensues.

TREATMENT.—Resort at once to *Arsen.* and *Merc. iod.* Give in alternation a dose every three hours.

If, under this treatment, the disease is not subdued in a short time, or if there should be no perceptible improvement, but unmistakable evidence of its being confirmed glanders, the animal should be destroyed forthwith. The liability of the malady to spread, and the great danger of its being communicated to human beings, makes this imperative.

OPHTHALMIA—INFLAMMATION OF THE EYES.

SYMPTOMS.—The pulse is full and frequent; the eyelids are swollen and closed; scalding tears flow in great quantities; the eyes cannot bear the light and are drawn into the socket; the white of the eye and the inside of the eyelids are covered with red blood-vessels. Matter is observed, in some cases, behind the clear portion of the eyeball. Only one eye is affected, in general, at once; and when the inflammation is leaving it, the other one becomes diseased.

TREATMENT. Give *Acon.* and *Bellad.* at once, in alternation, a dose every one or two hours, as the violence of the symptoms may demand, until the inflammation is lessened.

Should there be great intolerance of light, with profuse discharge of matter from the eyes, give *Merc. cor.*, a dose every two hours.

After continuing the *Merc. cor.* a sufficient length of time, should the eyes not recover, substitute *Hepar s.* Give a dose every three hours.

A shade must be kept over the eyes, to shield them from the light; also, bathe them frequently with warm water and milk, to free them from matter.

ABORTION.

A threatened miscarriage on account of some accident, or rude treatment, or over-driving, may usually be prevented by giving two or three doses of *Arnica* an hour apart.

DISEASES OF THE BRAIN AND OF THE NERVOUS SYSTEM.

PHRENITIS—MAD STAGGERS—INFLAMMATION OF THE BRAIN.

Phrenitis is, fortunately, but rarely met with. Animals in high condition are most liable to be attacked with it; and the exciting cause is usually an exposure, for a considerable time, to the direct rays of the hot sun.

SYMPTOMS.—The first symptom noticed will be a dull and heavy appearance of the animal. He will stand in a fixed position, with his head down, and apparently asleep, from which he is easily aroused, but almost immediately resumes the same listless condition. This may continue for a day or two; then, if the disease does not yield, symptoms of greater violence ensue. The breathing becomes accelerated;

the eyes have a wild and fierce look, and the feet are stamped as if he were in a rage. He will plunge about, rear upwards, and fall back upon the ground, where he will lie, covered with sweat, and panting for breath. Should the disease now make further progress, convulsions will set in, which will, in all probability, soon terminate in death.

TREATMENT.—Commence treatment by giving *Acon.* and *Bellad.* in alternation, a dose every hour. As improvement takes place, lengthen the intervals to two or three hours.

Should symptoms of lethargy supervene, so that there is great difficulty in rousing the animal, give *Opium* and *Bellad.* in alternation.

MEGRIMS—FITS.

Very little can be done whilst the animal is in the fit; the chief point is, therefore, to prevent another coming on.

TREATMENT.—*Bellad.* and *Nux vom.* administered in alternation, a dose night and morning, will affect a cure.

PARALYSIS—PALSY.

Paralysis is not a disease of frequent occurrence. It is important, however, that every owner of horses should be familiar with its symptoms and treatment. It generally attacks the animal in a very sudden manner, and from the particular parts of the body in which it is liable to manifest itself, so is it named.

Paralysis partialis, or partial palsy—as when one

or two muscles only are affected. This is most likely to attack the lips and face.

Paralysis hemiplegia—as when one side of the body only is affected.

Paralysis paraplegia—as when both hind limbs are affected, and the rest of the body is free from the disease.

SYMPTOMS.—Paralysis of the face.—The lips hang pendulous; the animal experiences great difficulty in eating; during the act of seizing the food, the head is held away, the food is gathered slowly and imperfectly, and not unfrequently it falls out of the mouth, the animal being unable either to retain or to masticate it. Sometimes the loss of power is limited to one side of the face, in which case the muscles affected are drawn toward the contrary side.

Paralysis hemiplegia.—The head will be drawn to the contrary side of the body paralyzed; one half of the lips, and the ear of the side affected, will hang pendulous and powerless; the eyelids will be drawn downwards, and the eye will present a squinting appearance; the limbs of the same side will be placed wide from the trunk, and at irregular distances from each other, and the animal, if made to walk, will do so slowly and spasmodically, and instead of moving in a line directly forward, the body will move in a curved direction.

Paralysis paraplegia.—Loss of motive power as a sequel to fracture of the spinal column, can not be

cured. The sooner an animal so circumstanced is destroyed, the better. When arising, however, from the effects of inordinate labor, or struggling long and violently, the probability is that the animal may be relieved.

TREATMENT.—For paralysis of the face, give *Bellad.* and *Nux vom.* in alternation, a dose every three hours.

For hemiplegia, give *Acon.* and *Rhus tox.* in alternation, a dose every three hours.

For paraplegia, give *Arnica* and *Rhus tox.*, a dose every three hours.

TETANUS—LOCK JAW.

Tetanus arising from injuries of a distinct nature, is the most common form of the disease; and it is also the most fatal. It is more liable to occur from injuries inflicted upon the hind limbs than upon the fore limbs.

Not unfrequently a wound causing tetanus, may, to all appearance, be healed before the disorder is observed.

On the other hand, it may arise within a few hours after the occurrence of the accident, and run its course to a fatal result with exceeding rapidity.

Wounds so quickly inducing tetanus are usually of the variety called *punctured wounds*.

In those cases of tetanus where the jaws become *firmly* closed, recovery is rare.

The period of the duration of the disease, in fatal

cases, is from a few hours to fourteen or even twenty-one days.

Tetanus is a remittent disease. In cases which tend to a favorable result, the paroxysms of spasms occur less and less frequently, and are less and less severe, until, in the end, they entirely cease, and the patient recovers.

The time at which tetanus may appear, after the infliction of an injury, varies from a few hours to even three weeks. From three to ten days, however, appears to be the average period.

SYMPTOMS.—One of the earliest symptoms observed is a manifest peculiarity of gait; presenting a degree of stiffness and disinclination to move altogether unaccountable to beholders. Another early symptom, and one perhaps more clearly indicating what is about to supervene than any other, is the projection of the membrane called the *haw* over the front of the eye. A degree of stiffness in the gait may arise from other causes—such as recent exposure of the animal to cold and wet, or from severe labor. By lifting up the head of the animal, however, and observing if the haw suddenly projects over the front of the eye, we may at once decide that the case is one of tetanus. The jaws may not be closed, nor the animal present anything peculiar to the ordinary observer; but the projection of the haw together with the general hardness of the muscles of the body, are symptoms sufficiently indicative of the malady.

As the disease advances the general stiffness becomes more confirmed. The animal, when made to turn around, does so as stiffly as a beam of wood. The muscles present a state of lightness peculiar to the disease; the ears are cocked and firm; the hind legs are placed wide apart: the animal straddles, and walks exceedingly slow; the tail is constantly elevated, and has a peculiar quivering motion; the muscles of the belly are cramped; the haw projects more or less over the eye continually. Should the animal be disposed to eat, food will be sought with avidity. The disease, being a remittent one, the spasms and general excitement of the system become increased, and afterwards decline. This remittent character of tetanus is of constant occurrence. An increase of the general spasm may come on every twelve or twenty-four hours, for many days in succession, and continue for a long time with a similar degree of force; then slowly abate, until it disappears and leaves the animal convalescent; or, the last stage of this fearful malady may supervene, and terminate in death.

TREATMENT.—When the disease arises in consequence of a wound, *Arnica* and *Nux. vom.* will be found the most appropriate remedies. Give them in alternation, a dose every one or two hours.

Bellad. is a remedy of the highest value in tetanus. It is better to resort to it after the disease has existed for some time. Its use should be steadily persevered

in for a week or ten days, or even longer, should the animal improve under its use. Give a dose every two hours.

Camphor is a valuable remedy to commence with when the disease arises from exposing the animal to cold and wet. Give a dose every hour for one or two days.

DISEASES OF THE FEET AND LEGS.

LAMINITIS—INFLAMMATION OF THE FEET.

LAMINITIS, in its acute form, is an exceedingly painful and dangerous disease, and its tendency is to utterly destroy the usefulness of the animal. The fore feet are more liable to suffer from the disease than the hind ones. Sometimes the disease will shift from one to the other.

SYMPTOMS.—The early symptoms are the anxious appearance of the animal and his frequent shifting position. If made to walk, he does so with pain and reluctance; he steps short and paddles in his gait; the feet, also, are warmer than natural. As the disease progresses, the breathing becomes more hurried, and the pulse greatly quickened. The movements of the animal are peculiar; he does not lie down; and if the fore feet are inflamed, the hind legs are brought forward and placed well under the belly; the fore feet are frequently shifted; the knees are maintained in a semiflexed position; while the little weight which they are obliged to sustain, is

sought to be thrown, either on the outer sides of the feet, or the points of the toes. The hoofs are of an unnatural heat; the legs swell from the knees to the coronets; the arteries of the limbs affected throb with violence; in the more severe forms of the disease, the animal perspires profusely; drops of clear water chase each other rapidly down the hairs, the mane and tail; and the eyes are wild, haggard, and bloodshot.

TREATMENT.—The shoes must be removed from the inflamed feet, and the soles must be pared out until the horn yields to the pressure of the thumb. Make the animal to lie down; soak some cloths in cold water and wrap them round the feet, which must be constantly kept wet. Cold poultices, made of turnips, applied to the feet, are sometimes of service.

Administer *Acon.*, and *Bellad.*, in alternation, give a dose every two hours. When the disease is owing to violent concussion over hard roads, give *Arnica*, a dose every two hours.

PRICK IN THE FOOT.

INJURIES from pricking, when nailing the shoe upon the foot, and puncture from gathering a nail, are of frequent occurrence.

TREATMENT.—When the foot is pricked or punctured, the shoe must be removed, and the sole of the foot pared until it readily springs from pressure; apply a large poultice made of bran or turnips,

which should be changed every six hours, and its use perservered in until the inflammatory action subsides. After which, apply *Calendula Lotion* three times a day. Should matter form, it will be necessary to make an opening for the purpose of evacuating it, then dress as before with poultice.

Should there be fever, give *Aconite*, a dose every three hours.

QUITTOR.

A QUITTOR is a sore on the coronet and connected with an abscess in the foot. It may arise from puncture of the foot, also from suppurating corns.

TREATMENT.—Apply a bran or turnip poultice night and morning. Should a discharge of matter continue for some time after the abscess breaks, a small probe should be used to find out the number and direction of the fistulæ, and *Calendula Lotion* should be injected into them three or four times a day; at the same time continue the poultices.

SANDCRACK.

SANDCRACK is a well-known disease. It consists of a fissure or division of the hoof.

TREATMENT.—Apply a bran poultice for four or five days, then with a sharp knife cut away the horn at the top of the sandcrack. When the necessary amount of horn is removed, cover the fissure with melted cobbler's wax, immediately after which, the foot should be firmly bound up by passing a quantity of copper wire around it.

CORN.

CORNS are sometimes very troublesome. They are most common to flat feet.

TREATMENT.—First pare the corn, then apply *Tinct. of Arnica* on a piece of cotton, afterwards tack on the shoe lightly with the pressure off the corn, and a leather sole between it and the foot. Should matter form, evacuate it by making an opening, then apply a bran or turnip poultice for two or three days.

THRUSH.

THRUSH is an inflammation of the sensible frog. It may be known by a discharge of fetid matter from the middle and sides of the frog.

TREATMENT.—Poultice the feet for two or three days. After the inflammation has somewhat subsided, pare the frog in every part, particularly along its sides, until the tissues are exposed which secrete the matter. Having done this, smear the frog with a mixture composed of half an ounce of *Sulphate of Copper* and six ounces of *Tar*. Apply it by dipping a small piece of tow in the mixture and afterwards placing it in the cleft, or in whatever part of the frog a sinus may exist. It may be necessary, in some cases, to repeat the dressing every day, in others once in two or three days will answer.

Give a dose of *Arsenicum* night and morning.

RINGBONE, SPLINT, AND SPAVIN.

These diseases are of a very similar nature and

from similar causes, and require about the same treatment.

RINGBONE is a bony enlargement on the outer or inner side of the coronet, or it may encircle the whole of that part.

SPLINT is a deposition of bony matter at the upper part of the cannon bone or shank, below the knee.

SPAVIN is an enlargement of the same character as those called ringbone and splint, but is situated, for the most part, in front of the union between the splint bone and the shank, at the inner side of the hock joint.

These deposits or enlargements result usually from inflammation of the tissues and membranes surrounding the bony parts of the leg, which has a tendency, if not relieved at the onset, to end in an accumulation of partly disorganized bone material in these tissues and upon the bone; keeping up a chronic inflammation, and producing more or less pain and weakness by irritation, and by interference with the action of all the parts.

These affections are sometimes hereditary, sometimes are caused by over-exertion, over-heating, a false step, straining against a heavily loaded wagon, blows or kicks upon the hock, local swelling of the principal blood vessels of these parts, etc.

TREATMENT.—Rub thoroughly with Arnica Oil Compound twice or thrice daily, as soon as the

inflammation or lameness is discovered. Give a dose of *Rhus. tox.*, 30th, every morning, and of *Calc. carb.*, 6th, every night. This may entirely relieve and prevent further progress of the disease. If the weakness and lameness continues, continue the rubbing, and give *Silicea*, 200th, instead of the *Calcaria*, for a week, and then return to *Calcaria* again, for another week. Then *Silicea* again if needed.

Old cases require the same treatment to begin with, say for four weeks; then give *Sulphur*, 6th, once a day for a week; then *Rhus. tox.*, 30th, and *Merc. cor.* 3rd, morning and night, every other week for several weeks.

The first symptoms of *Sparin* are about as follows: "The animal seems to be afraid of freely using one or the other hind leg and a little lameness is perceived at the commencement of moving. Afterwards when returning to the stable, after an exertion, the horse stands upon the toe of the affected limb, limps considerably on turning about, and when commencing to walk; after walking a little, the lameness disappears, and is only perceived again after the horse has been standing a few minutes. At this period we begin to notice a swelling in the region of the hock, accompanied by increasing lameness or complete stiffness; this swelling may be either hard and bony or soft. Sometimes the muscles of the hind quarters are not visibly affected, the horse does not limp, but simply raises one limb

or the other, or both, unnaturally high, and puts them down again with a spasmodic twitching motion.

“*To detect Spavin*, place the horse on level ground, with the hind legs on the same line; raise the tail with one hand, step a few feet side-ways behind the horse; look attentively at the suspected joint, especially at the inner side and observe the shape of the parts. Then observe the hock of the other leg in the same way, and if we discover, at either leg, an elevation not seen at the other the horse is affected with Spavin. If such a horse, *after remaining quiet for a while* is walked about, we shall find that it has an uneasy twitching gait.”

WOUNDS AND INJURIES.

Of flesh wounds there are four varieties. viz.:—

- 1st. Incised wounds.
- 2d. Lacerated wounds.
- 3d. Punctured wounds.
- 4th. Contused wounds.

An incised wound is a wound where the skin and sub-tissues are clean cut.

Lacerated wounds are those where the skin and sub-tissues are torn.

Punctured wounds are wounds inflicted by sharp-pointed instruments.

Contused wounds are injuries inflicted upon the skin and sub-tissues, without any perceptible breach or division of the skin.

TREATMENT.—In the treatment of wounds, the first indication is to stop the hemorrhage, which can generally be accomplished by the constant application of cold water; should this fail, and the hemorrhage be copious, the bleeding vessel should at once be got at, and made secure by a ligature of silk around it. The color of the blood and the manner in which it issues forth, will be sufficient to determine the character of the vessel injured. If the blood be of a bright scarlet color, and if it issues in partially interrupted jets, the vessel injured is an artery; while the size of the current will afford some indication of its calibre. In searching for the blood-vessel a large, soft sponge is necessary to soak up the blood from the bleeding vessel.

Having secured the bleeding vessel, next remove any extraneous substance which may be present. Foreign bodies may be taken away with the common forceps; but to remove sand and dirt, the best instrument is a syringe, which you fill with tepid water, and send the contents forcibly upon any part where the dirt may lodge, the object being to wash it away by the force of the current. After which, clip away all fragments of loose tissue, whether it be skin, muscle, or tendon. These fragments cannot unite again; therefore remove them, and save nature the trouble by a process far more tedious and uncertain.

In regard to suture, or “stitching up a wound,”

it is to be observed:—The cleaner a wound is cut, the more perfect the cure. Sutures to such wounds are proper; but where wounds are much jagged and torn, the skin torn, or the muscular substance broken or ploughed deeply into—or where foreign substances are lodged within the part injured, and cannot be entirely removed, it is better not to insert sutures, but to cut away the loose bits of skin and flesh, to remove all the dirt which it is possible to remove, and give the wound the most finished appearance possible under the circumstances. On the other hand, in wounds which are large and deep, and where pieces of skin and flesh hang loose, sutures will be found of service.

SUTURES.—The best sutures for securing a wound are those which receive the names of the *twisted* and the *interrupted* sutures.

The *twisted* suture is made by passing a strong pin through each side of the wound, and then drawing the borders closely and securely together by means of a small hempen string wound around the pin and fastened; the point of the pin is then removed, and one suture is complete. This form of suture is best for wounds not immediately contiguous to any of the joints.

The *interrupted* suture is made with a needle and strong, soft, white silk. The needle should be broad and curved, and the silk be used of double thickness. Pass the needle through the lip of the

wound, at a sufficient depth to hold the suture, and then secure the thread by tying a square knot in it, drawing it tight enough to place and retain the edges of the wound in contact.

Unless great care is exercised in placing the injured parts straight, and afterwards keeping them so, unsightly blemishes are certain to remain.

The most common form of wound is that of a triangle.

In fixing sutures place them so as to make the divided parts fit each other as exactly as possible. The best way to do this is to commence by securing the wound at its most conspicuous parts, by which means accuracy of adjustment throughout will be more readily effected. If the injury, for example, be of a triangular form, it is best to commence by making sutures at the highest point of the triangle; by this mode the sides of the wound are placed straight against each other.

The distance at which sutures will be fixed apart from each other will depend upon circumstances. One inch, however, may be set down as the average distance.

In fixing sutures, avoid forcing the skin into the folds or corrugations. The wounded parts will be found to grow together in the way they are set.

Whatever kind of suture is resorted to, secure a firm hold of the skin, and make the suture no tighter than what suffices to hold the divided edges in contact.

The lowest part of a wound should be left more open than any other, to allow free exit to any serous exudations which may collect.

When sutures are properly fixed, let them remain until the wound is thoroughly healed.

Sutures should not be inserted before the injured vessels have ceased to bleed, nor until the exposed surfaces have put on a glazed appearance.

DRESSINGS.—After having secured the wound with sutures, apply *Calendula Lotion*—the wound should be kept constantly wet with it.

Small cuts and wounds can be smeared with *Calenduline* and bandaged to keep the dust out, or allowed to go without bandaging, applying the *Calenduline* now and then as convenient. It is very healing.

For *sprains*, use *Arnica Oil Compound*, and in bad cases give *Rhus tox.*, 30th, three times daily.

For wounded tendons, rub in *Calenduline* frequently.

For chafing, galling, sore shoulder, anoint freely two or three times a day with *Calenduline*, and rub in gently with the finger.

For deep cuts, wounds with pitchforks, or other sharp instruments, smear the end of a feather with *Calenduline* and anoint the whole inner surface of the wound, then anoint the edges of the wound, and apply a bandage, if convenient, to keep out the dust. Two or three applications will be sufficient.

For bruises, with laceration of the surface, abscesses, ulcers, etc., anoint freely, rubbing in gently. Rest the affected muscles as much as possible, and adjust the harness so as to avoid irritation of the inflamed part.

Swollen udders and sore teats should be anointed freely twice a day with *Calenduline*.

In all cases of *bruises*, or *contused wounds*, *Arnica Lotion* is the proper application. Use as the *Calendula*.

BANDAGES.—Bandages will be found of service to incised wounds inflicted upon the lower part of a limb. Their application will prevent undue swelling. They should always be applied wet; the hair should be wet also. The bandage should fit easy; it should also press equally upon every part to which it may be applied.

DISEASES PECULIAR TO CATTLE.

INFLAMMATORY FEVER, QUARTER EVIL, ETC.

The disease which bears this name is known by different local terms, such as *black quarter*, *quarter evil*, *joint murrain*, etc.

SYMPTOMS.—There are few premonitory symptoms of inflammatory fever. Often, without indications of previous illness, the animal is found with neck extended; his head brought, as much as he can effect it, into a horizontal position; his eyes protruding and

red; the muzzle dry; the nostrils exposed; the breath hot; the mouth partly open; the tongue enlarged; the pulse full, hard, and quick, and the flanks heaving violently.

Occasionally the animal is in full possession of his senses, but as a general thing he is unconscious. He will stand for an hour or more without the slightest change of posture; he can scarcely be induced to move, or, when compelled to do so, he staggers. After a while he becomes more uneasy, yet it is oftener a change of position to ease his tired limbs than a pawing; at length the animal lies down, or rather drops, gets up almost immediately; is soon down again; debility rapidly increasing, he continues prostrate, sometimes in a comatose state, at others there are occasional, but fruitless, efforts to rise. The symptoms rapidly increase, and the animal dies in from twelve to twenty-four hours. In the majority of cases the animal seems to rally a little, and some of the symptoms appear, from which the common names of the disease derive their origin. He attempts to rise, after several efforts he succeeds, but is sadly lame in one or both of the hind quarters. If he has not yet fallen, he suddenly becomes lame, so lame as to be scarcely able to move. He has *quarter evil*, *joint murrain*.

One of the symptoms now most to be dreaded is the rapid progress of that which has already begun to appear, tenderness on the loin and back. The

animal will not bear even the slightest pressure on these parts. The case is worse if to these are added swellings about the shoulders, back, and loins, with a peculiar, cracking noise, as if some gas were extricated in the cellular membrane, and the process of decomposition had commenced during the life of the animal. Worse even than this is the sudden appearance of hard, scurfy patches of what seems to be dead skin. It is a kind of dry gangrene, and the commencement of a sloughing process, extensive and rapid to an almost inconceivable degree. Now we have *black quarter*, with all its fearful characteristics.

The ulcers first appear about the belly, the quarters, and teats, but they spread everywhere, and particularly about the muzzle and the mouth. There is also a considerable discharge of offensive or bloody fluid from the nose and mouth. The urine, which had before been high colored, becomes darker or bloody; the dung, likewise, has streaks of blood over it, and both are exceedingly fœtid. In this state the animal may continue two or three days, until it dies, a mass of putridity.

TREATMENT.—In the first stages of the disease, characterized by quick breathing; hot breath; extended nostrils; red eyes, and dry muzzle, give *Ammon. caust.*, a dose every half or whole hour.

Should the disease increase in severity, and the animal become unconscious, or lie in a deep sleep, give *Acon.* and *Bellad.* in alternation, a dose every half or whole hour.

If there should be a great loss of strength, and hard patches appear on the skin, with ulceration of the parts, together with bloody, fluid, foetid discharges, give *Arsen.* and *Merc. iod.* in alternation, a dose every hour.

Should ulcers remain after the disease has been subdued, they must be treated with hot fomentations, poultices, etc.

VESICULAR EPIZOOTIC.

Of late years this disease is not of frequent occurrence. Occasionally, however, it prevails as an epidemic, running a rapid and fatal course in some localities, while in others it is of a lingering and tedious character.

SYMPTOMS.—The first symptoms are dullness, and want of appetite; the muzzle, ears, horns, etc., are cold at one time, hot at another; the animal seems uneasy, and does not associate with the other cows; the cud is not chewed; the milk is found to be lessened, yellowish, and thick; the bag is swollen, hot, and painful when touched; the back is arched; the feet are hot and painful; the hoof at the top is swollen, and a discharge runs from the heels; inside of the nose and the white of the eyes are red; the mouth is dry, and the membrane which covers it has little red spots upon it, which soon rise into blisters, and sores are left, which become deep and ragged ulcers. These blisters also form upon the bag, and about the hoofs, especially of the hind legs; the

hoof may fall off: the bones may become diseased, and other mischief of a serious character may ensue. There is great weakness, wasting, and a discharge of a stringy, bloody fluid from the mouth: offensive running from the nostrils: swollen face: quick, grunting breathing: small, weak, quick pulse; dropsy of the belly and legs; purging and death.

TREATMENT.—As soon as the disease is detected, which may be known by the udder being swollen, hot, and painful: the hoofs tender and burning to the touch; the mouth dry and parched: the eyes dim and watery: the membranes of the nose and eyes red and injected, give *Bellad.* and *Arsen.* in alternation, a dose every two hours.

When the mouth is dry, red, hot, and swollen throughout its entire extent; the membrane of the mouth covered with red spots, which become vesicles and then pustules, and, at last, by bursting and coalescence, deep ulcers, the discharge offensive, slimy, stringy, tenacious, and bloody, the face swollen, the tongue much enlarged, and when blisters form in other parts of the body, give *Merc. cor.*, a dose every two hours.

Should the *Merc. cor.* produce no amendment after several doses have been given, resort to *Antim. tart.*, giving a dose every two hours.

FOOT ROT.

TREATMENT.—Remove all dirt or other foreign substance that may be found; then pare the hoof and

cut away those portions of it which may be thought likely to interfere with the escape of matter, after which foment the foot with hot water for an hour, every night and morning, and afterward apply a bran or turnip poultice until the sore assumes a healthy appearance; then dress with the *Calendula Lotion*, keeping it on the foot by a bandage.

LOSS OF CUD.

Loss of cud is symptomatic of many diseases, and will yield when the complaint which produces it is removed. Occasionally, however, it may be present without any other derangement. When such is the case, give *Nux vom.*, a dose three times a day.

GLOSS-ANTHRAX, OR BLAIN.

SYMPTOMS.—The cow is low-spirited, dull, and does not eat, nor chew the cud; a clear fluid without smell, flows from the mouth; the head and neck gradually swell until they are much increased in size; the breathing is difficult and obstructed; the fluid from the mouth becomes like matter, or is mixed with blood; the tongue is swollen, and its sides are covered with large red blisters, which, at last, burst, and, discharging their contents, leave deep sores, which are apt to mortify. Symptoms of low fever come on; the whole of the tongue becomes inflamed, and if not soon relieved, the animal dies within a few hours after the beginning of the disease.

TREATMENT.—As soon as the disease is detected,

give *Merc. iod.*, a dose every one or two hours. Should improvement not take place in the course of a few hours, give *Ant. tart.*, a dose every hour.

The diseased cow must be placed by herself, to prevent healthy animals becoming affected. The blisters must be freely opened, care being taken by the operator not to get any of the fluid from the mouth upon a cut or sore on the hand, or he will probably suffer.

MILK FEVER.

Milk fever is a disease of frequent occurrence, and is also attended with considerable fatality, unless promptly met at its onset. It usually attacks the cow within twenty-four hours after calving; if three or four days pass over, she may be considered safe.

SYMPTOMS.—The disease begins with restlessness, accelerated breathing, hot and dry muzzle, the udder tense and hot, and loss of power in the hind legs; she sways about, staggers and plunges, and falls down, unable to rise. Perhaps she remains quiet, with her head turned back toward the udder; in other cases she is very restless, tosses her head about, bel-lows, foams at the mouth, and makes frequent, but ineffectual efforts to rise. Should the disease progress, the horns, legs, and surface of the body become cold; the belly swells to an enormous size, and death often ensues within a few hours after the attack.

TREATMENT.—At the commencement, give *Acon.*

and *Bellad.* in alternation, a dose every half hour, until the patient is relieved; should relief not follow in the course of a few hours, administer *Ammon. caust.*, a dose every half hour.

After the fever has yielded, and the more urgent symptoms have disappeared, complete the cure by giving *Nux vom.*, a dose every three hours.

GARGET, OR INFLAMMATION OF THE UDDER.

Inflammation of the udder is a disease of frequent occurrence. The part is very hot, painful, and much swollen.

TREATMENT.—As soon as the disease is discovered, give *Acon.* and *Bellad.* in alternation, a dose every two hours. Should matter form, give *Hepar s.*, a dose every three hours.

Many people regard *Phytolacca*, 3x, as a specific for this trouble, bathing the parts with an infusion of the root, or with the Distilled Extract.

RED WATER.

This disease may be known by the color of the urine, which may be either red or black. It most commonly attacks in the spring.

TREATMENT.—Alternate *Aconite* and *Nux vom.*, a dose every three hours.

FLOODING AFTER CALVING.

Some blood is always lost after calving, without injury to the cow, and it is only when the amount of it is so great as to produce serious results, that the

term flooding is applied, and that means are required to arrest it.

TREATMENT.—If the after-birth is discharged, and the bleeding continues, the cow must be allowed to lie down and be kept quiet, with the hinder parts rather higher than the fore; cold air must be freely admitted into the box where she lies; a bandage must be applied tightly round the belly; cloths wet with cold water must be placed over the loins; injections of cold water must be thrown up the fundament every hour or half hour, or water may be poured from a height upon the belly.

REMEDIES.—*Belladonna* and *Pulsatilla* alternately every half hour.

THE CLEANSING.

The *cleansing* or *after-birth*, or, as it is technically called, the *placenta*, unless discharged soon after calving, may cause considerable fever and general derangement. In some cases it is necessary to attempt its withdrawal by mechanical means; but in the great majority of instances, the proper medical treatment will render this proceeding unnecessary.

TREATMENT.—*Pulsatilla* every hour.

SWINE.

Most of the common diseases of swine are like those of the other domestic animals, in causes, symptoms and treatment, and require no special mention: but as the disease, known as

HOG CHOLERA

has become such a terror to farmers in all parts of the country that many have concluded it unprofitable to try to raise hogs on account of its ravages, we give it a special chapter.

Its symptoms are sudden loss of energy; prostration of strength; loss of appetite; restlessness, sometimes lying down, sometimes moving about as if there were some internal distress; eyes dull and sunken, frequent, almost continuous dark colored evacuations, with fetid odor and containing much bile; cold extremities; tenderness of abdomen; pulse quick and slight; tongue furred.

Its causes are primarily a something in the atmosphere which begets the disease in hogs which have been prepared for the infection by filthy pens, over-crowding, over-heating, or over-driving, and perhaps a getting chilled after the over-heating, or by a cold rain, or a snow storm; for hogs are supposed, by many people, not to require any protection from bad weather.

Feeding with "still slops" is also good preparation for cholera infection, for the carcase of a hog saturated with the poisonous waste from a distillery or brewery is as ready to go to corruption at the touch of cholera as that of any other whiskey toper or beer guzzler, and it is probably just as well so; for hogs so fed are certainly not wholesome food for human beings.

THE CURE.

According to "old school" authorities there is no cure. They say that nothing can be done but to try to prevent the disease.

Homœopaths expect to treat this disease as successfully as any other of its nature; and if a pork-raiser is careful to avoid the above-mentioned causes, and to have, always at hand, the preparations mentioned below, he never need be much afraid of hog cholera.

The best preventive now known is the following: Sulphur, three pounds; fresh charcoal, one pound; Copperas, (Sulphate of Iron) one ounce. All must be in very fine powder, and after being intimately mixed, must be triturated together in a mortar, using small portions at a time so as to permit thorough rubbing.

This preparation is to be mixed with a little food, and so fed to the animals, three times a day, that each one will get about a teaspoonful at each dose. This treatment for three or four days at the time of an epidemic of cholera, or at any time when the animals have, by neglect or bad treatment, been made liable to the infection, will probably prevent serious trouble.

THE CURE.—Instead of making a prescription for the disease as it occurs in human beings, having regard to the symptoms of each individual, we find that it is more convenient and economical, and more

practically 'successful to prepare the medicines in the form of a specific. Thus the person treating the animals has only one medicine to give to all those which show symptoms of the disease; which is a great advantage when, as usually occurs, there are many to be treated at the same time, and the disease is one which will terminate fatally in about twelve hours if not cured.

Full directions accompany "Halsey's Specific for Hog Cholera," and we need not give them here.

Hogs showing no symptoms of the disease, should, of course, be kept entirely separated from those under treatment.

DISEASES PECULIAR TO THE DOG.

DISTEMPER.

SYMPTOMS.—The premonitory symptoms are very insidious. They are rarely well marked, and may fail to excite suspicion as to the existence of the disease. They consist of dullness, loss of appetite, of flesh, and of strength; whilst purging and vomiting are not uncommon. There is a dry, husky, short cough; watery eyes; increased vascularity of the membrane of the eye; sensibility of the eyes to the light; increased frequency of the pulse, etc. As the disease advances, the animal shivers with cold, dislikes to be disturbed, seeks warmth, and courts solitude; the bowels are confined; the membrane of

the eye covered with numerous fine, bright, red vessels; a thick discharge of matter flows from the eyes; the nostrils are covered with a glairy yellowish fluid; the cough is increased in frequency, and comes on in fits, which terminate in the discharge of a yellow, frothy fluid from the stomach; and the skin is hot.

Later, all the foregoing symptoms are aggravated, the body wastes; the shivering is constant; the eyes are filled with thick matter which glues them together in the morning: a tenacious matter clogs the nostrils, and obstructs the breathing; this causes much uneasiness and frequent but abortive attempts to overcome the cause of annoyance. The discharge from the nostrils becomes bloody and offensive; the breath is fetid; the lips covered with ulcers: short cries express pain; and the animal becoming weaker and worse in every respect, at last dies—severe diarrhea being the usual harbinger of that event.

TREATMENT.—The usual treatment is as follows: At the commencement of the disease, *Aconite* every two hours.

When the eyes become inflamed, watery, and sensitive to light, and the cough frequent and spasmodic—*Belladonna* every two hours.

If the appetite is gone and the strength wasting, and there is discharge of thick yellow mucus from the nose, or if diarrhea has set in—*Arsenicum* and *Sulphur* alternately every two hours.

If thick yellow matter is discharged from the eyes, and they are glued together—*Mercurius* every three hours.

Some dog-fanciers regard *Arsen. iod.*, 3d, as an almost certain specific in distemper. It should be given three times a day.

GLEET.

SYMPTOMS.—Discharge from the internal surface of the sheath, sometimes from the urinal canal, consisting of matter of a yellowish or slightly green color, gluing together the hair about the parts. Sometimes the surface is red, angry looking, and swollen and painful, but, in general, these are absent. In other respects the animal may be well.

TREATMENT.—Ordinarily, *Mercurius*, but if there is much pain and difficulty in urinating—give *Cantharis*.

MANGE.

CAUSES.—Long confinement in a close place from which the dung and dirty straw are not often enough removed; certain improper kinds of food; want of exercise, with too much food; starvation. A healthy dog may “catch” the disease from a mangy one; a liability is transmitted in some cases from a mangy dog or bitch to its puppies.

SYMPTOMS.—The skin is itchy and the dog is always rubbing himself, sometimes so much that the skin is red and bare in several places. In some

instances blotches appear on the skin, which may become ulcerated. The dog becomes thin, low spirited, and gradually dies, unless relieved.

TREATMENT.—1st. *Arsenicum*, three times a day.

2d. Apply the *Arsenical Lotion* to the skin night and morning.

3d. If necessary to a cure, apply *Sulphur Ointment* after a few days. It should be well rubbed into the skin every night, and after three days the animal should be well washed and dried; another application to be made if the disease reappears. *Sulphur 6th*, should be given while the *ointment* is being used; the animal must be kept as clean as possible during the treatment.

ABOUT POULTRY.

GENERAL HINTS.

The more nearly you approach to perfect *cleanliness* in all the arrangements of your poultry house, the better the health of your fowls, and the greater your profit in keeping them.

If fowls are kept clean, are well sheltered from the weather, have suitable food, are not over-fed, and have *always* a supply of *clean water*, there will not often be trouble from disease.

Twice a year the inside of the poultry house should be *well whitewashed*.

If the place has been neglected and needs to be

cleared of insects, or disinfected, mix one ounce of carbolic acid with one gallon of thin limewash, and sprinkle the walls and floor.

The floor should be swept clean once a day, and then covered lightly with dry soil or fine coal ashes until the next sweeping. The sweepings are worth saving as excellent manure for your garden—equal to guano.

Build your house so as to have plenty of *sunshine* for your fowls; penetrating, if possible, to all parts of the house some time in the day.

Protect from *excessive heat*, and look out for *good ventilation* without exposing to cold draughts, or the danger of its being *too cold* in winter.

In *bad weather* fowls do better in the house than in the yard, if they have soil or gravel to scratch in.

At any time they are healthier for having *exercise* in scratching or moving about moderately than if left on a hard, smooth floor in small space.

Provide a box as large as a good nest would require, fill it nearly full of dry earth or wood ashes for a *dust bath*, and occasionally sprinkle a little powdered sulphur on the top, and mix it in. This will keep the fowls free from lice.

Oyster shells, broken fine, and crushed bones, should be supplied from time to time as *material for egg shells* and eggs. Plenty of fine gravel is also desirable.

Be careful about *over-crowding* the hen house.

About three square feet is the space required for each fowl; and in the yard considerable more space should be allowed—the more the better.

Roosts should be so low that the fowls can easily reach them and will not be injured, if heavy birds, in jumping down. Also, they should be on the same level, or the fowls will crowd the higher ones.

Do not make them flat, or with sharp edges. To be most comfortable they should be from two to two and a half inches diameter, and rounded like the bough of a tree that size, so that the claws will easily cling, and the whole foot be well supported.

Next to the imperative necessity of a constant supply of clean water stands the need of a supply of *green food* of some kind. Grass is best, but it can not always be had. If the fowls can not be allowed to run where they can eat the growing grass, they must have a green sod thrown to them, or the trimmings of the lawn; and when these are not to be had, a small supply of cabbage leaves, or other green refuse, may take its place. In winter, celery tops, chopped cabbage, chopped turnips or beets, or potato peelings, will answer a good purpose.

This chopped green food should be in small pieces, and mixed with meal or other soft food when used.

In *feeding*, make it the rule to *feed chickens* till they are *satisfied*, and to feed *grown fowls* as much as they will *eat eagerly*.

Food should not be left lying about.

Soft food is best in the morning: warm, if in cold weather. Grain is best at night; and care should be taken that, in cold weather, each bird has a good crop-full of grain before going to roost.

DISEASES OF POULTRY.

GENERAL SYMPTOMS OF DISEASE.

Loss of color in the comb, loss of gloss and brightness of the feathers, slow gait, sad or indifferent manner, and a disposition to keep away from the other fowls, who (according to fowl nature), are disposed to tease and peck at it.

Special symptoms will be mentioned as the different varieties of disease are considered.

THE DOSE.—For common sized hens and cocks, two pellets (No. 30). The most convenient way of dosing is to dissolve twelve or fifteen pellets, two or three cones, two or three drops, or a small powder, size of a grain of corn, in a half gill of water, stirring it well, and giving a teaspoonful at a dose.

Very young fowls need less of the medicine.

Take the bird on the lap, holding it with the left arm and hand, and opening the bill with the thumb and finger; hold the head up, stretching the neck somewhat. The medicine can then be poured slowly into the throat from the spoon or from a small vial.

APOPLEXY.

Quite sudden death from this causè sometimes

occurs among hens apparently healthy, but really over-fed, and lacking exercise. If hens act as if giddy or crazy, spinning around without motive, give Gelsemium, 3x every fifteen minutes.

APPETITE—LOSS OF,

Is usually caused by over-feeding, or by feeding food which has become musty and unwholesome, or lack of exercise from being too closely confined. If fasting does not soon relieve and make the fowl hungry for food, Arsenicum, two or three doses, four hours apart, will assist nature. If this does not relieve, it is probable there is some fault in the digestion, which Nux vom., given in the same way, will cure.

CATARRH.

For catarrh, with sneezing, watery eyes, hoarse, snoring breathing, with discharge of mucus from the nostrils, give Mercur. three times a day. If there is fever, give Acon. every hour. Halsey's Catarrh Disks will cure also. Feed soft food, warm, and keep the bird warm till recovered. The disease is caused, as in man, by cold or wet weather, or sudden changes of weather, without sufficient protection or shelter.

CHOLERA.

As a preventive of hen cholera, a very little Cop-peras, dissolved in the drinking water is excellent. Keep a bottle of Copperas (Sulphate of Iron) Solution always at hand. Add a teaspoonful of it to

each pint of drinking water. It is made by dissolving one ounce of Copperas in one pint of water.

Cholera symptoms are sudden and violent diarrhea, greenish droppings which grow thin and white, anxious look, and extreme weakness.

The disease, if not cured, may terminate fatally in twelve or fifteen hours.

Camphor at first, and afterward Arsenicum or Veratrum as indicated (see *Materia Medica*, pages 87, 79, and 108) would be the correct treatment, but if you have the "Hog Cholera Specific" in the house it will be equally efficacious and less trouble. See page 66.

CONSTIPATION.

The restlessness of the bird and frequent ineffectual attempts to evacuate the bowels indicate the difficulty. Sometimes dung is passed, but it is dark, hard, and in small quantity only.

Too much dry food and grain, with lack of water and green food are apt to cause this difficulty. It is sometimes caused by taking cold.

Bryon. and Nux vom., alternately, will cure almost any case.

DIARRHEA.

This is caused usually by cold, wet weather with insufficient shelter; or by lack of cleanliness about the house and yard. Sometimes it is a reaction from constipation. Give at first a Camphor cone crushed fine. Three or four times a day will do, and

will probably cure, unless the diarrhea has been neglected and allowed to run into dysentery, which will be indicated by bloody evacuations. In such case *Mercur. cor.* 3d. is the remedy. Give a dose every three or four hours.

Warm barley meal is considered the best food. Well cooked rice is also good, fed warm; and a little green food may be allowed.

DISTEMPER.

This is a contagious malady, in which, after general symptoms of disease, the skin about the anus is found to be colored a high red with black spots. The hens crouch in the corners of the coop or yard and die rapidly. The disease usually occurs in hot, dry weather, and is supposed to be caused by a peculiar condition of the atmosphere. Hens that seem to be affected should be at once separated from the rest, and given a dose of *Nux vom.* every three or four hours. Have the coops thoroughly cleaned and well ventilated.

EYES—SORE.

Watering, ulceration, and sometimes the formation of small ulcers—caused by over-heating, dusty or damp enclosures; sometimes resulting fatally if not soon cured. Give Halsey's Eye Balm, a drop four times a day, and if the case is bad and the fowl valuable, bathe the eyes gently in quite warm water twice a day.

FLEDGING—BAD.

Keep the chicks out of the wet especially if the weather is cold. If they seem drooping, see that they have a little hashed meat every day. Give Calc. carb., 3d, twice a day.

GAPES.

Some believe this disease infectious, others only look upon it as an epidemic. Foul water, dirty coops, want of nourishment, and exposure to cold wet weather are among the predisposing causes.

The gaping, or gasping, for breath is caused by small worms infesting the wind-pipe.

At the commencement of the disease give half a Camphor cone, (or a whole one to a full grown fowl) three or four times a day if necessary. If the case has continued until the worms are grown large, introduce a horse-hair loop into the wind-pipe and by twisting it around, withdraw all the worms that can be reached, repeating the process if necessary. A small feather stripped so as to leave only a tuft at the top, is also a good instrument for this purpose.

HERNIA.

Protrusion of the laying-gut of the hen, especially of the larger species, is no uncommon thing. The gut may return, or be returned to its place, but it comes down again at the evacuation of dung. The usual cause is the expulsion of a very large egg.

If a laying hen is very long on the nest and it is found she has difficulty in passing the egg, the simplest plan is to tap the egg and let out its contents. The shell will soon follow.

If the hernia is already established, the fowl may as well be killed at once; unless so valuable as to be worth the trouble to oil and return the gut every time it comes down, and give Arnica 1x, three times a day for two or three days.

ITCH.

This may be known by the constant scratching and biting of the fowls, which at the same time become droopy and lose their feathers. The body is more or less covered with an itch-like eruption, particularly frequent, and more coarse than fine, on its back. It is contagious.

Bad food, filthiness, want of a dust bath and of clean water are causes.

Sulphur, 6th, three times a day; dusting Sulphur among the feathers, and a good ash-bath with a little Sulphur mixed in it, should be the treatment.

LEG-WEAKNESS.

If from too rapid growing, in highly-fed prize stock, give a part of a Napiform cone three times daily, and feed more with animal food, and mix with the food some bone meal. If from cold or wet, keep warm and dry, and give Bryon., 3d, three times a day.

LICE.

The same causes as itch. Give Sulphur, 6th, and wet the whole surface of the body carefully with *Cocculus Lotion* (see Appendix), using a small sponge for the purpose. This may need to be repeated once or twice. The whole coop, probably, will need cleansing and whitewashing, and the ash-baths renewing. Persian Insect Powder dusted into the feathers is also recommended to destroy lice.

LOSS OF FEATHERS.

Want of the dust-bath or ash-bath, and insufficient supply of green food frequently causes fowls to lose their feathers, and go with bare skin. This unpleasantness should be avoided, for nothing will restore the lost feathers until the next moulting time.

MARASMUS.

Obstruction of the oil-glands, which are situated near the rump, which should serve to lubricate the plumage of the fowl, results in inflammation, feverish condition, some pain, and constipation. The fowls cease scratching and feeding, and sit about dejected and trying to reopen the glands with their bills.

Rub the glands thoroughly, but very gently, once a day with *Calenduline*.

It may be that some of the glands will, after two or three days, need to be opened carefully with a sharp knife, and the hardened substance to be care-

fully pressed out, after which the Calenduline should be applied again.

The disease is called "marasmus" or "consumption," because, unless the fowls are soon relieved, they become rapidly emaciated and die.

MOULTING.

Moulting is not a disease any more than is the process of "cutting teeth" in babies, or the process of shedding the first teeth and getting the permanent ones; but the season of moulting is one in which the fowls are more subject to disease, and require special care and attention as to their food and shelter. Old fowls are more liable to disease at this time than young ones.

Give stimulating food—oats, some meat, red pepper in warm mush; keep sheltered from bad weather; add a little Copperas solution to the drinking water every day, enough to give it a slight iron taste; see that there is a vessel of pounded oyster shells, or crushed mortar, where they can get at it.

PIP.

The sick hens are sad, do not scratch, like to hide, sit with open bill and ruffled feathers, are bloated, snore, and from time to time make the sound "zip, zip." The nostrils are stopped by tough mucus, the comb is loose, pale, hanging, and the skin of the under part of the tongue is hardened. There is difficulty in swallowing, so that the fowl eats but little.

Some insist that this is not a disease—only a symptom of roup, or of bad digestion.

The best treatment is feeding with soft food; cooked vegetables and meal, or rice, suit well. A few doses of *Spongia*, 3x, will cure.

ROUP.

This is called *the* disease of poultry. It is caused by wet or very cold winds. It begins with a common cold, which results in more or less hoarseness of breathing, and an offensive discharge from the nostrils and eyes, which often hangs as froth from about those organs. It is highly contagious, and the affected fowls should not be allowed to drink from the same water-supply with the other fowls, and, in fact, should be entirely separated from them.

Keep them warm; give soft, warm food well seasoned with red pepper, and administer, three times a day, a dose of *Merc. bijod.*, 3x.

SOFT EGGS.

The dropping of soft eggs may be caused by over-feeding, or by want of lime supply.

Sometimes it happens after a hen has been badly frightened by being driven about by children or dogs.

SURGICAL CASES.

BRUISES.—Bathe with *Arnica* Lotion.

CUTS.—Cuts or other wounds in which the flesh is lacerated are best bandaged with soft cloth wet with *Calendula* Lotion. If the wound is small, or

cannot be kept bandaged, smear it well with Calenduline.

FRACTURES.—Use thin splints made from the common elder bush, after taking out the pith and paring the wood to the proper shape and thickness. After binding up properly, and wetting the bandaging with Arnica Lotion, put the bird in a basket or box, with some straw, and keep the other fowls from molesting it.

SWELLED CROP.—This is produced by an excess of food, and can easily be ascertained by examining the crop which is so distended that it seems ready to burst.

Sometimes the hens help themselves by standing quietly erect, with the head stretched upward, waiting till a portion of the food has passed on and is digested. Arsenicum and Nux vom., alternately, every two hours, will aid in this difficulty.

If there is no improvement, the crop must be opened with a sharp knife a little on one side, making the cut about an inch long. Then by the use of the finger and gentle pressure the clogging food can be removed. Afterward stitch up the slit with soft silk and anoint the cut with Calenduline.

The first cut through the skin should be made on the side opposite the cut in the crop, so that the two cuts and the stitching will not come against each other. The crop can be easily turned after the outside cut is made. Both cuts require the same treat-

ment, and if nicely done the hen will be as good as ever in a few days. Keep her separate from the others and feed soft food.

TUMORS OR ABSCESES.—These sometimes are caused by neglected wounds, or other external or internal injuries. Acon. will relieve the inflammatory symptoms, and when the tumor has come to a head it should be opened like a boil; and after discharging, if it does not heal readily, use a little Calenduline.

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—APPENDIX TO—

HALSEY'S

Homœopathic * Guide,

PUBLISHED BY

C. S. & GEO. E. HALSEY,

(Not "Halsey Brothers.")

HOMŒOPATHIC CHEMISTS AND PHARMACISTS

88 State Street, Chicago, U. S. A.

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HALSEY'S HOMŒOPATHIC GUIDE.

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References.—As to our reliability, we take pleasure in referring those who are strangers to us, to any Homœopathic physician of the United States or of Europe.

See also pages 5 and 6 of "HALSEY'S HOMŒOPATHIC GUIDE."

To Clergymen.

It has always been our custom to supply clergymen with medicines, books, cases, etc. for their own use, or for their friends, at a discount from the retail prices.

If you will please remember to write "Rev." before your name, when ordering goods, or to mention your professional calling when making purchases at our place of business, the discount will be cheerfully given you.

To the Worthy Poor.

If you are really in need of any of the *medicines* mentioned in this book, and *of our own manufacture*, and are not able on account of lack of money to procure them, you can have them *without cost*, by sending to us a written statement, signed by a Homœopathic physician, a clergyman, a city missionary, or other good referee, testifying that you are *worthy*, and *not able to pay* for the desired medicine.

To Missionary Societies.

The missionary journals and religious newspapers have a great deal to say about the importance and value of *medical missions* wherever they have been or can be established, both as a means of lessening the woes of the ignorant and benighted people to whom you send out missionaries, and as an aid in introducing the religious teaching which is your primary object.

APPENDIX.

Healing stands only second to preaching in the commission given to those whom The Master sent out as the first missionaries, and was coupled with it. "Preach the Gospel, heal the sick," is the wording; and in His life on earth the healing often came first, and led to the faith which resulted in the saving.

HOMŒOPATHY has been often called, by those who have experienced its benefits and blessings, "the gospel of healing"; and if the advantages of "old school" (Allopathic) medicine (the only kind now recognized by our principal Mission Boards) have already proved so great among those who have nothing approaching the name of a system of medicine; *how much greater* the advantages of HOMŒOPATHY, which is the only system of medicine that has a right to the name "Scientific"! (See pages 39 and 49.)

Numerous letters received by us from missionaries in both the home and foreign field, would satisfy one that this suggestion is not without weight.

Even if Allopathic medicine were not far behind the age—a sort of relic of barbarism—HOMŒOPATHIC medicine would be far better for your missionaries.

Experience proves daily that it can be used successfully by a person who has had no medical education or training. It is not unpleasant to the taste or the smell. It cures more quickly, and leaves the patient free from drug influences when the disease is gone. It costs very much less for a supply. The health of your missionaries will be better; they will do more work and last longer. Therefore it will pay you to furnish every one of them with a copy of this, or some other simple manual, and a supply of the common remedies.

It is worth the while of every believer in HOMŒOPATHY who is also a believer in Gospel mission work, to see that something of this kind is done.

We are ready to do our part, and doubtless others in our line of business will manifest a similar willingness.

We will continue to furnish all such supplies at the mere cost of material and labor, and in any case where funds are lacking for this purpose, we will bear our share of the cost.

How to Order Medicines.

FIRST—Read pages one and two of this Appendix carefully: perhaps you can save your express charges.

SECOND—Read pages 60 to 65 of the "Guide" and find out about the medicines and how to avoid fraud in them. Then page 72, to know about the different potencies or attenuations, and page 73 about the *form* of the medicines.

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Remember that the letter x after the number of the potency indicates the decimal scale; without the x the number means centesimal scale.

Then if you look through the *Materia Medica* (page 76 and following), and the *Clinical Index* (page 122 and following), and consider what diseases and disease symptoms you are likely to need medicine for, you will know about what to order.

THIRD—WHERE TO BUY. Perhaps your family physician will be able to supply you with all you need, or he will take the trouble to send for a case for you when he is ordering his own supplies.

If *not*, it may be you are acquainted with some reliable homœopathic pharmacy. You will find that you can not, *as a rule*, obtain *what you want* at a drug store.

You will see by our advertisements that it is our intention to make it to the advantage of every one requiring goods in our line to *send orders to us*.


FOURTH—As to the *best form* for the medicines for home use. It is largely a matter of convenience.

Some always buy the medicines *in liquid* form*, and take a drop in a teaspoon of water, or on a little sugar, or on pellets or cones, or put a few drops into a glass of water and take a teaspoonful of the solution; but there is always a danger of upsetting the vial when the cork is out, or having it leak or evaporate; and some trouble in dropping it into a spoon, and of administering it to young children, or children asleep.

Powders (triturations), medicated globules or pellets, or medicated cones, are very much more convenient for almost all uses. Latterly, *medicated cones*, or disks, have come very much into favor with those who know about them. They absorb nearly their own bulk of the liquid medicine, and as only one is required for a dose, they are at once the *most convenient and economical form* for general use.

Latterly we have succeeded in preparing the *triturations* also in the form of cones, a still greater convenience, as the cone contains just the proper dose. These are called *Cone Triturates*, and are destined to become very popular with physicians and laymen.

A case can now be *filled entirely with cones* if desired, with the exception of a very few remedies not often required.

 Unless otherwise ordered, we will in future fill domestic cases *with cones*, as they give general satisfaction.

*In dropping liquids from a vial, hold the smaller end of the cork against the lower side of the lip of the vial, so that as the liquid passes slowly out of the vial it will strike the cork and fall in drops from its sharp edge.

APPENDIX.

Prices

of the regular Homœopathic remedies, in tincture, dilution, trituration, medicated pellets, medicated cones, or cone triturates:

1	drachm ($\frac{1}{2}$ ounce)	vial, 10c.; per dozen	\$ 1 00
2	" ($\frac{1}{2}$ ounce)	" 15c.; " "	1 50
$\frac{1}{2}$	ounce	vial, \$0 25; per dozen	2 50
1	" "	40; " "	4 00
2	" "	75; " "	7 50
4	" "	1 25; " "	12 00

High potencies (200th or higher), cost 15c. for 1 dr.; 25c. for 2 dr.; 40c. for $\frac{1}{2}$ oz.

A few low triturations cost extra price, viz.: Bebeerine Sulph. 1x. Chinin. Sulph. 1x. Santonine. 1x; $\frac{1}{2}$ oz., 25c.; $\frac{1}{2}$ oz., 40c.

Empty vials, properly corked and labeled, will be re-filled with the same remedies as before, at a reduced price.

Liquids are *not* available.

CHEAP CASES.—It will be seen by the above schedule of prices that a considerable saving can be made by purchasing a dozen or more vials of medicine at a time, and we add to this inducement the advantage of a plain paper case, with partitions, arranged to hold one dozen or two dozen vials, either one-quarter ounce or one-half ounce, *without additional cost.*

We offer also the following list and descriptions of our principal styles of

Cases of Medicine.

And can furnish *any other sizes or styles to order* at correspondingly low prices.

It will be noticed that a suitable *list of remedies* is given with the description of each case. But the list can be varied to suit each purchaser's requirements.

Pocket Cases, for Travelers or Home Use.



Fig. 1.

No. 1.—(Fig. 1.) Ten large vials. Stout card-board frame, covered with best English binders' cloth, very strong and durable—will wear as long as leather—flap to keep vials from dropping out, if case is opened wrong side up. Case lined with soft material to keep the vials from breaking. Outside measure of case: Length, $5\frac{1}{2}$ inches; width $2\frac{1}{4}$ inches; thickness, $\frac{3}{4}$ inch. Price, filled with remedies for domestic use, \$1.00,

HALSEY'S HOMŒOPATHIC GUIDE.

3 for \$2.50. The usual list for this case is Aconite 3x, Arsenicum 30, Belladonna 3, Bryonia 3, Chamomilla 6, Hepar sulph. 200, Ipecac 3, Mercurius 6, Nux 3, Pulsatilla 3.

No. 2.—Twelve extra large vials. Case the same style, make, and finish as No. 1. Outside measure: Length, 7 inches; width, $3\frac{1}{2}$ inches; thickness, $\frac{1}{2}$ inch. Price, filled with remedies, \$1.50; 2 for \$2.50. The list of remedies will be the same as in No. 1, with the addition of China, 6, and Colocynth 3x.

No. 9.—(Fig. 2.) Strong but light wood frame, covered with best Turkey Morocco. Inside lined with velvet. Twelve large vials. Outside measure: Length, $5\frac{1}{2}$ inches; width, $3\frac{1}{2}$ inches; thickness, $\frac{3}{4}$ inches. Price, filled with remedies as No. 2, \$2.50.



Fig. 2.

No. 10.—Same style and finish as No. 9. (See Fig. 2), but containing twelve vials, which are considerably larger than the vial of the No. 9 Case. Outside measure of Case: Length, $6\frac{3}{4}$ inches; width, $3\frac{1}{2}$ inches; thickness, $\frac{3}{4}$ inch. Price filled with remedies as No. 2, \$2.75.

Family Chests.

No. 3.—(Fig. 3.) A strong and neat Chest with partitions. Outside covered with good French Morocco, inside lined with silk or velvet. Twelve $\frac{1}{2}$ oz. vials standing upright. Price, vials filled with remedies for domestic use as No. 2, \$3.50.

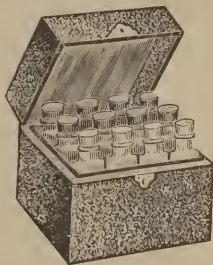


Fig. 3.

No. 4.
—Same make and style as No. 3 (Fig. 3) but contains 24

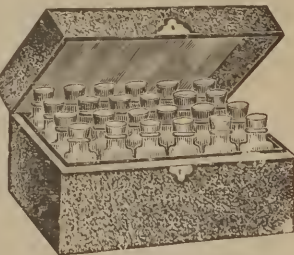


Fig. 4.

$\frac{1}{4}$ ounce vials. Price, filled as above, \$4.00. The usual list of remedies for the No. 4 Case is as follows: Aconite 3x, Arnica 1x, Arsenicum 30, Belladonna 3, Bryonia 3, Calc. carb. 6, Chamom. 6, China 6, Cina. 3x, Colocynth 3x, Gelsemium 3x, Hepar sulph. 6,

APPENDIX.

Ipecac 3x, Kali bich. 3x, Merc. cor. 3, Merc. sol. 6, Nux vom. 3, Phosphorus 6, Podophyllin 3x, Pulsatilla 3, Rhus. tox. 3, Spongia 3x, Sulphur 6, Veratrum alb. 6.

No. 5.—(Fig 4.) This case is same style and finish as Nos. 3 and 4, and contains twenty-four $\frac{1}{4}$ oz. vials. Price, filled with medicines for domestic use, \$6.00.

The usual list of remedies for the No. 5 case is the same as for No. 4, *unless it is filled expressly for a*

*Veterinary Case.

then Chamom., China, Cina., Gelsem, Ipecac, Kali and Podoph. are omitted, and the following remedies take their place: Ammon. caust. 1x, Antim. tart. 3x, Digitalis 3, Merc. iod. 2x, Opium 6, Phytolacca 3x, Silicea 30.

No. 6.—Same style as Nos. 3, 4 and 5, and arrangement of vials similar to that in Fig. 5. There are thirty-six $\frac{1}{4}$ -ounce vials and three 1 ounce vials for Arnica, Calendula, Glycerine, or other preparations for external use. Price, filled for domestic use, \$6.00.

The usual list of remedies for the No. 6 case is as follows: Aconite 3x, Antim. tart. 3x, Apis, mel. 3x, Arnica 1x, Arsenicum 30, Baptisia 2x, Belladonna 3, Bryonia 3, Calc. carb. 6, Calc. phosph. 3x, Cantharis 3, Chamomilla 6, China 6, Cina. 3x, Coffea 6, Colocynth 3x, Gelsemium 3x, Hamamelis 1x, Hepar sulph. 6, Hepar sulph. 200, Ipecac 3, Kali bich. 3x, Merc. bijod. 3x, Merc. cor. 3, Merc. iod. 2x, Merc. sol. 6, Nux vom. 3, Phosphorus 6, Podophyllum 2, Podophyllin, 3x, Pulsatilla 3, Rhus tox. 3, Silicea 200, Spongia 3x, Sulphur 6, Veratrum 6, besides large bottles of Tinctures.

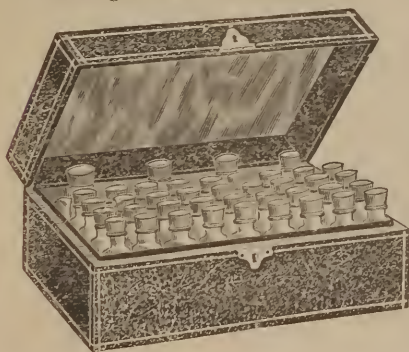


Fig. 5.

No. 7.—(Fig. 5.) Contains thirty-six $\frac{1}{4}$ -ounce vials and four 1-oz. bottles. Price, filled as above, \$8.00.

The usual list of remedies for the No. 7 Case is the same as for No. 6 Case, with the addition of one ounce bottle of Hamamelis Tincture.

No. 8.—Same style and finish as No. 7. Contains sixty $\frac{1}{4}$ -ounce vials and five 1-ounce bottles. Price, filled as above, \$10.00.

*By reference to page 8 of the Veterinary Manual, it will be seen that the same medicines may be used in the family or for the domestic animals and for poultry.

HALSEY'S HOMŒOPATHIC GUIDE.

The usual list of remedies for the No. 8 Case is as follows: Aconite 1x,* Aconite 3x, Antim. 3x, Apis mel. 3x, Arnica mont. 1x, Arnica mont. 3x, Arsenicum 3, Arsenicum 30, Baptisia 2x, Belladonna 3, Belladonna 200, Bryonia 3, Calc. carb. 6, Calc. carb. 200, Calc. phosph. 3x, Cantharis 3, Carbo. veg. 30, Caulophyllin 3x, Chamomilla 3x, Chamomilla 6, China 6, Cimicifuga 3, Cina 3x, Cina 200, Coffea 6, Colocynthis 3x, Cuprum 6, Dulcanara 3, Euphrasia 3, Gelsemium 3x, Graphites 6, Hamamelis 1x, Hepar sulph. 6, Hepar s. 200, Hydrastis tinct., Ipecac 3, Iris vers. 3x, Kali bich. 3x, Kreosote 6, Lachesis 30, Lycopodium 30, Merc. bijodat. 3x, Merc. cor. 3, Merc. dulc. 2, Merc. iod. 2x, Merc. sol. 6, Nux vom. 3, Nux vom. 6, Opium 6, Phosphorus 6, Podophyllum 2, Podophyllin 3x, Pulsatilla 3, Rhus tox. 3, Rhus tox. 30, Silicea 200, Spongia 3x, Sulphur 6, Sepia 6, Veratrum album. 6, one ounce each of the mother tinctures—Arnica, Calendula and Hamamelis, and a jar each of Calenduline and Arnica Oil Compound.

Veterinary Chest, Complete.


Strong, nicely finished, with lock and key, and handle on top, and a copy of the Veterinary and Poultry Manual. Price, \$20.00.

The Veterinary Chest contains, complete, thirty 2-oz. bottles filled with remedies, as follows: Aconite 1x, Aconite 3x, Ammon. caustic. 1x, Antimon. tart. 3x, Arnica 1x, Arsenicum 6, Belladonna 3, Bryonia 3, Calc. carb. 6, Cantharis 3, Colocynthis 3x, Digitalis 3, Hepar sulph. 6, Merc. cor. 3, Merc. iod. 2x, Merc. sol. 6, Nux vom. 3, Opium 6, Phosphorus 6, Phytolacca 3x, Pulsatilla 3, Rhus tox. 30, Silicea 30, Sulphur 6, Veratrum 6, and the mother tinctures of Arnica, Arsenicum, Calendula, Rhus tox. and Thuja occid.

Other Styles and Sizes.

Any other styles or sizes of cases for families, travelers or physicians will be made to order in our factory at fair prices and of the best quality of material and work.

N. B.—Old cases refitted and refilled at reasonable prices.

 Please remember that any of these cases will be sent free to any address if the cash accompanies the order; *also*, that a copy of HALSEY'S HOMŒOPATHIC GUIDE will be sent *without extra charge* with every case valued at \$4.00 or more; and that for the pocket cases a card of directions is furnished free.


*Acon. 1x is superior to Acon. 3x in colic or any other acute disease requiring very prompt action of Aconite. After giving three or four doses it is better to use Acon. 3x if necessary to continue the remedy.

APPENDIX.

HOMŒOPATHIC BOOKS.

FOR DOMESTIC USE.

Sent FREE on Receipt of Price.

 A more complete description of any of these Books will be furnished on application. Any Book purchased will be exchanged if not satisfactory. Any other Medical Books sent free at the list price.

Halsey's Homœopathic Guide , a complete Domestic Manual. 265 pages on the common diseases of men, women and children; with hints on diet, bathing, etc.; 85 pages on the diseases of horses, cattle, sheep, swine, dogs and poultry. Large type, heavy paper, nice binding. The cheapest and most practical book of the kind yet published, price.....	\$1 00
Halsey's Homœopathic Guide , <i>without</i> the Veterinary Manual, cheap edition.....	50
Halsey's Homœopathic Veterinary and Poultry Manual	30
Stepping Stone to Homœopathy and Health , by Dr. E. H. Ruddock, Am. Edition....	1 00
Homœopathic Family Guide , by Dr. Geo. E. Shipman	1 00
The Lady's Manual of Homœopathy , by Drs. Ruddock and Ludlam.....	1 50
For Mothers and Daughters , finely illustrated, entirely new, Mrs. E. G. Cook, M. D.....	1 50

HALSEY'S HOMŒOPATHIC GUIDE.

Tokology , (The Science of Child-bearing) by Mrs. A. B. Stockham, M. D. Abundant and valuable illustrations. A copy of the table of contents sent to any address.....	2 00
For Girls , by Mrs. Shepherd, see page 59.....	1 00
Guide to Homœopathic Practice , by Dr. I. D. Johnson	2 00
The Complete Family Physician , by Dr. E. H. Ruddock.....	3 00
Homœopathic Veterinary Manual , complete,	5 00
The People's Health Journal , devoted to health, hygiene and preventive medicine. Edited by L. D. Rogers, M. D., and S. Ida Wright Rogers, M. D., \$1.00 a year.	

PRICES OF SPECIALTIES.

- ***Æsculus Cerate** (see page 199), 1 oz. jar, 25c.; 5 for \$1.00.
- ***Antidote to Malaria** (see page 109), per box, 50c.; 6 for \$2.50.
- ***Apocynum Cannab. Distilled Extract** (see page 156), pint bottles, \$1.00.
- ***Arnica Oil Compound** (see page 110), 1 oz. jar, 25c.; 5 for \$1.00; 8-oz. can, \$1 00.
- ***Arnica Tincture, Concentrated**. (Our Arnica Tincture is *made from the whole plant*, and is far superior in virtue and strength to any that can be bought at drug stores or made at home from dried and worthless flowers.) It can be diluted with nine parts of water and is then strong enough for application to any bruise or contusion (see page 78), 2 oz. bottle, 25c.; 4 oz., 35c.; 8 oz., 60c.; pint, \$1.00.
- ***Artificial Cuticle**, far superior to "court plaster" for small cuts, scratches and excoriations, burns and scalds; excellent for cracked or excoriated nipples. (Apply with the end of the cork; it hardens quickly; then apply a second or third coating.) It is medicated (very healing), flexible and waterproof. Per bottle, 25c.; 5 for \$1.00.

Articles marked with the star () are not mailable, but will be sent safely by express on receipt of price, according to page 1.

APPENDIX.

- ***Calendula Cerate** (see page 86), 1 oz. jar, 25c.; 5 for \$1.00,
- ***Calendula Tincture, Concentrated.** Made from *the true French Calendula* (see page 86). Price same as Arnica Tincture.
- ***Calenduline, Perfumed** (see pages 86 and 111), tubes, 10c.; per dozen, \$1.00; 1 oz. jar, 25c.; 5 for \$1.00; 8 oz. can, \$1.00; 1 lb. can, \$1.85.
- ***Calenduline, Plain,** for veterinary use, 2 oz. can, 25c.; 5 for \$1.00; 8 oz. can, 75c.; 1 lb. can, \$1.40.
- Camphor Cones** (see pages 87 and 113). Per bottle, 25c., 5 for \$1.00.
- Camphor Pills** (see pages 87 and 113), per bottle, 25c.; 5 for \$1.00.
- Catarrh Disks** (see page 113), per box, 50c.; 6 for \$2.50.
- ***Cocculus Lotion** (see page 186), per bottle, 35c.
- Cincho-Carbon Tablets** (see page 114), per box, 50c.; 6 for \$2.50.
- Oxygen Home Treatment.** Two months' treatment, with inhaler and full instructions (see page 140), *free* to any address on receipt of \$10.00.
- ***Conserve of Calendula and Roses** (see page 113), 1 oz. jar, 25c.; 5 for \$1.00.
- ***Dermal Cologne,** to remove moth and freckles (see page 191), per bottle, \$1.00.
- ***Eye-Balm** (see page 115), per bottle, 25c.; 5 for \$1.00.
- Foundlings' Home Infant's Food** (see page 244), pound cans, 50c. (Postage 18c. additional.)
- Foundlings' Home Nursing Bottle** (see page 245), 25c.; 5 for \$1.00. (Postage extra.)
- Fuss-Schweiss-Mittel** (see page 178), per box, 25c.
- Goitre Powder** (see page 179), per bottle, 75c.
- ***Hamamelis Cerate** (see page 199), 1 oz. jar, 25c.; 5 for \$1.00.
- ***Hamamelis, Distilled Extract** (see page 91), 4 oz., 25c., $\frac{1}{2}$ pint, 35c.; pint, 60c.; quart, \$1.00.
- ***Hepar sulph. Kali Lotion** (see page 185), per $\frac{1}{2}$ pint bottle, 50c.

HALSEY'S HOMŒOPATHIC GUIDE.

Hog Cholera Specific (see page 65 of Veterinary Manual),
per bottle, \$1.00; 6 for \$5.00.

***Lacteal Syrup** (see page 115), pint bottle, \$1.00; 3 bottles
\$2.50.

Lumbago Plaster (see pages 185, 187 and 224), 35c.

Magnetic Insoles or Foot Battery, for *Cold Feet*,
Rheumatism, *Bad Circulation*, per pair, \$1.00.



Magnetic Belts, Bands, Vests, Corsets, etc. Price
list sent on application.

Napiform Tonic (see page 116), per box, 50c.; 6 for \$2.50.

***Nipple Salve** (see page 117), 1 oz. jar, 25c.; 5 for \$1.00.

Ozone Generator—Cook's, \$6.00.

Pepsin Powder (see pages 165 and 195), per bottle, 75c.

***Phytolacca Cerate** (see page 204), 1 oz. jar, 25c.; 5 for
\$1.00.

***Phytolacca. Distilled Extract** (see page 131), pint
bottles, \$1.00.

***Pile Cerate** (see page 117), per jar, 50c.; 6 for \$2.50.

Prescription No. 610 (see page 118), per bottle, 75c.

“ “ **830** (for easy child-birth) per bottle, 50c

“ “ **848** (see page 184), \$1.00.

Red Clover Blossoms, per pound, 50c.; postage 18c.

***Red Clover Oil** (see page 133), 4 oz. bottle, 75c.; 16 oz.
bottle, \$2.50.

Santonine Suppositories (see page 227), per box, \$1.00.

“ “ (for Horses), (see page 29.

Veterinary Manual), per box, \$1.00.

***Scalp Renovator** (see page 168), 4 oz. jar, \$1.00.

***Specific for Cough and Croup** (see page 118), per
bottle, 50c.; 6 for \$2.50.

***Specific for Salt Rheum** (see page 118), per package,
\$1.00.

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***Specific for Rhus, or Ivy Poison** (see page 119), per package, \$1.00.

***Specific for Hog Cholera** (see page 65 Veterinary Manual), per bottle \$1.00; 6 for \$5.00.

Sulpho. carb. Sodium (see page 119), per bottle, 50c.; 6 for \$2.50.

Suppository. "A" (see page 119), per box, \$1.00; 3 boxes, \$2.50.

Suppository. "B" (see page 119), per box, \$1.00; 3 boxes, \$2.50.

Suppository. "C" (see page 119), per box, \$1.00; 3 boxes, \$2.50.

Suppository. "D" (see page 119), per box, \$1.00; 3 boxes, \$2.50.

Syringes. A good syringe is often needed in the family, and it is often difficult to obtain readily a *really good one* at a fair price. We give below a list of the most convenient and economical styles, and *warrant them* of best quality of material and manufacture. We send them to any address, *postpaid*, on receipt of price.



PHENIX SYRINGE, two pipes, nickel plated, 65c.

HALSEY'S HOMŒOPATHIC GUIDE.

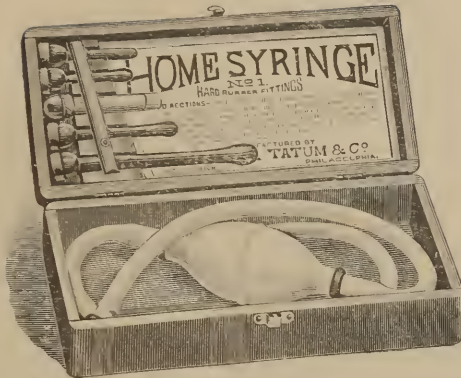


HOME SYRINGE, No. 3, two hard rubber pipes, paper box, \$1.00



HOME SYRINGE, No. 2, three hard rubber pipes, wooden case, \$1.25.

APPENDIX.



HOME SYRINGE, No. 1, four hard rubber pipes and spray nozzle, ebonized wood case, \$1.75.



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FOUNTAIN SYRINGE, large rubber bag holding a quart, hard rubber tubes and vaginal irrigator—*something new and very useful*. \$2.00. (See Cut.)

Tape-worm Remedy (see page 227), per box, 50c.

Teething Disks (see page 120), per box, 50c.; 6 for \$2.50.

Tooth Powder, the Best, it cleanses, beautifies and preserves the teeth, heals and strengthens the gums, and sweetens the breath. We believe this to be *the only tooth powder* which will arrest and prevent the decay of the teeth. Its frequent use will also be of general benefit to the health. Large, handsome package, 35c.; 5 for \$1.50.

“Turkish Bath” Soap. The demand for the peculiar variety of soap which we have for years supplied chiefly to physicians for their special needs, has become so largely popular that we make special mention of it here. For the information of those who have not used it, we simply say that it excels any other soap we know of in its remarkable cleansing power, its agreeable perfume, and its economy. It leaves the skin *clean, soft and with a clean smell*. Per cake, 15c.; per dozen cakes, \$1.50.

Voltaic Bands, Belts, Insoles, etc. Descriptive list with prices sent on application.

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IMPROVED OZONE GENERATOR.

Ozone is nature's great disinfectant ; it destroys all foul odors and poisonous gases. It is needed in all inhabited dwellings for sanitary purposes, especially where there are water closets. It is needed as a disinfectant in sick rooms. This generator produces pure ozone by a simple and inexpensive process, causing the atmosphere to become similar to that of the mountain regions of Colorado. The great relief it affords to Asthmatic patients is well worthy the most careful consideration. Ozone prevents infection, destroys the germs of disease, annihilates all offensive odors and renders the air in dwellings, hospitals, school-houses and public buildings pure and fragrant. Scientists insist that CHOLERA cannot prevail where there is abundant Ozone in the atmosphere. The cost of operating this apparatus is about one cent a day.

PRICE. \$6.00.

With a supply of chemical for three months.

THE ORIGINAL LIQUID FOOD,



BOVININE,



OR

The Vital Principles of Beef and Mutton Concentrated.

The expressed juices of fresh meat, combined with pure albumenoids, forming a perfect food rich in nitrogenous constituents and wholly free from insoluble elements, containing no medication whatever. Being a highly condensed nutriment, rapidly assimilated by the weakest digestive organs and capable of sustaining life for an indefinite period, it is adapted to the wants of humanity from infancy to old age.

Gen. Grant was sustained for months by its blood-making qualities.

As a RAW FOOD EXTRACT in which the albuminous portions are uncoagulated by heat, thereby rendering it easily absorbed by the enfeebled gastric forces, it stands unique before the world.

\$1.00 per bottle ; 6 for \$5.00. Orders filled by

C. S. & GEO. E. HALSEY,
88 State St., Chicago.

OXYGEN HOME TREATMENT. THE GENUINE.

The more we see of its virtues and the more we hear from the physicians to whom we have been selling "treatments," the more ready we are to recommend it to our customers, for the relief and cure of *general debility, nervous prostration, weakness of the lungs after pneumonia, bronchitis, consumption in its early stages, asthma, catarrh, hay fever, impure or impoverished condition of the blood, from weak or imperfect action of heart, lungs, liver or spleen.*

The Oxygen inhalations will also be found very useful by those who *have taken a cold*, by exposure to raw, cold winds, causing *hoarseness or loss of voice*; also to *public speakers*, who have wearied their vocal organs by too prolonged speaking. A dozen inspirations, every six hours, with a dose of the Oxygen water after each use of the inhaler, will work wonders in such cases.

Notwithstanding the great amount of *fraud and humbug* which have prevailed in connection with its use, "the record of cases cured by Compound Oxygen Treatment is indeed a wonderful one." No one now need go "to the mountains" to breathe air rich in Oxygen and Ozone. Such patients can enjoy the advantages of mountain air, and still be surrounded with home comforts and conveniences; and as to *the cost*, we are glad to be able to offer *The Genuine Home Treatment*, (which is now believed by those of most experience to be *superior to the Office Treatment*) at a cost of only 17 cents a day. That is to say, we send you a "two months treatment" complete, with inhaler and full instructions for \$10.00, and if the cash accompanies the order, so that we have no expense of collection, *we pay the express charges.*

C. S. & GEO. E. HALSEY,

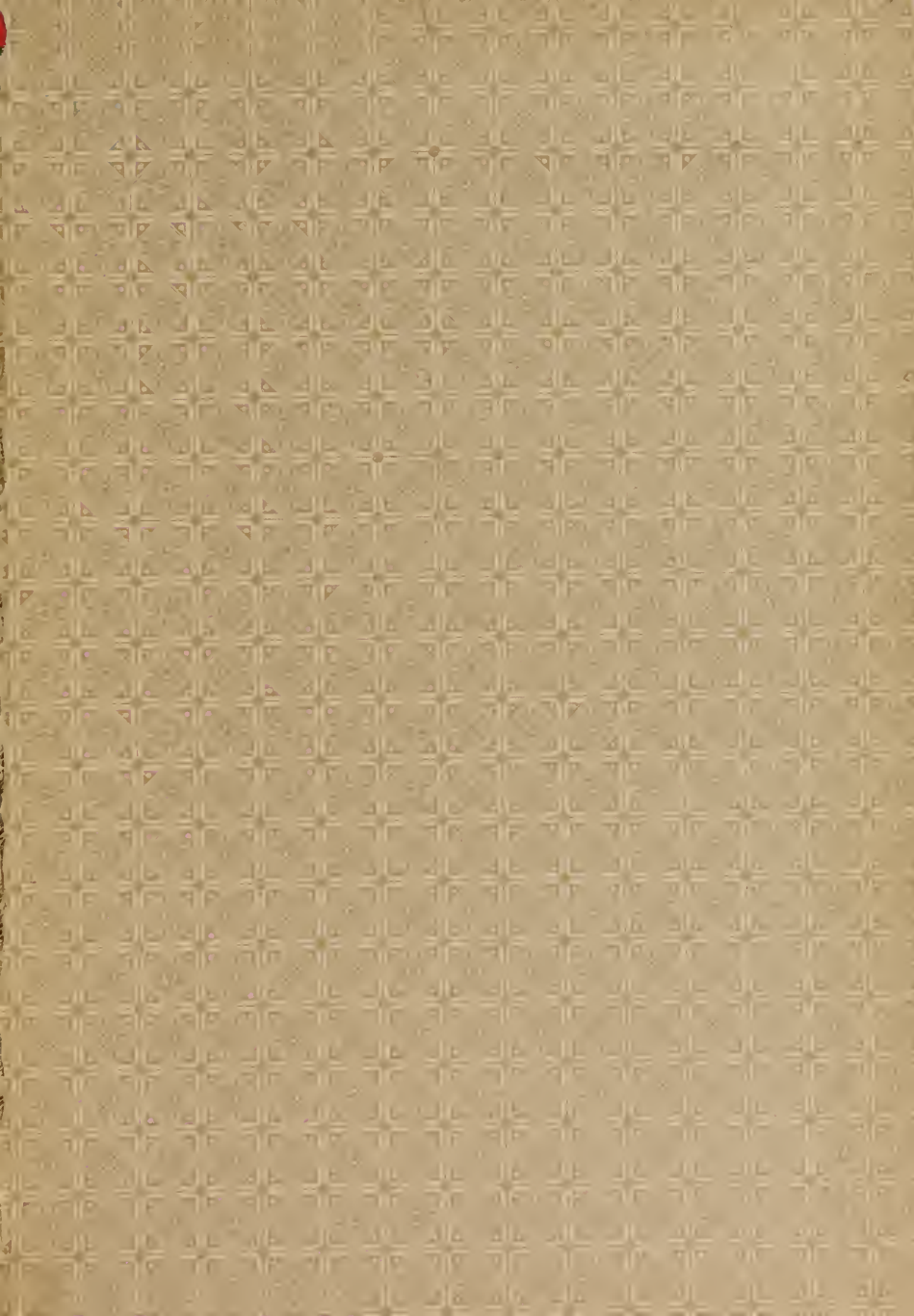
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THE CLOSED CELL Electro-Magnetic Pocket Battery.

The best apparatus of the kind yet invented; small, compact, light, handsome, durable. Very powerful, and easily controlled. No chance to spill out the chemical solution.

PRICE—*Single Cell, \$7.50. Double Cell*, (especially for physicians' use) **\$10.00.**

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